



Paris
not
wanted
in the
'hood?

The world's largest global newspaper

metro



OTTAWA • TUESDAY, MAY 19, 2009

metronews.ca

Teach English
Overseas



Course Starting Tuesday, May 26th

Information Seminar Tonight @ 7:00 PM

United TESOL 562-8370

International College of Teacher Training 41 York St.

www.unitedtesol.com

OPP suspect foul play in deaths of mom, infant

INVESTIGATION Around 8:20 p.m. on Saturday, a missing persons report was filed with the Carleton Place OPP for Kerry Freda Walters, 25, her daughter Starla, 11 months, and a 28-year-old male.

The bodies of Walters and Starla were found Sunday inside a residence on 474 Joseph St. in Carleton Place.

OPP investigators with the Lanark Crime Unit have deemed the circumstances surrounding their deaths suspicious. Police said foul play is suspected.

The body of a man was discovered in Montreal. Police there said they believe the man jumped from the 17th floor of the Queen Elizabeth Hotel Sunday.

Postmortems for Kerry and Starla Walters are scheduled for today in Toronto. The investigation continues.

TIM WIECLAWSKI/METRO OTTAWA



Pictured with Ottawa's Chateau Laurier, Ottawa Chamber of Commerce executive director Erin Kelly sits in Confederation Square recently.

Capital good investment

Ottawa good spot to start up business in recession: Chamber

TRACEY TONG
tracy.tong@metronews.ca

Sunny Side

While a common belief is that recession means a tough time for businesses, it's not always the case.

Just ask Erin Kelly. The executive director of the Ottawa Chamber of Commerce said this is actually a good time for businesses, at least in the nation's capital.

"Ottawa is doing better than a lot of cities because this is a knowledge-driven workforce and the presence of the federal government makes it a good market for a lot of these businesses,"

she said. "The talent here is a really unique advantage that we have."

"We have the most educated population in Canada," she said. "It enables us to bounce back more quickly. Engineers and PhDs can start new companies in the space of 12 to 18 months and be successful."

It's a good time to start a business, Kelly said.

"If you're building a company during the downturn, by the time it picks up again, you're ready," she said. "And it's a good time to advertise because the rates are lower

and there isn't so much competition for eyeballs."

To retain Ottawa's top talent, Carleton University has partnered with the Ottawa Chamber of Commerce, Ottawa Centre for Research and Innovation (OCRI) and the City of Ottawa to create the Lead to Win program, which helps professionals launch new companies. The program is launching 59 new companies today.

These companies have a good chance of succeeding simply because they are located in the area, Kelly said.

"We attract investment because we've got the talent," she said.

The proximity to the Que-

bec border also helps. "You've got a workforce here that is bilingual ... and you're (close) to Toronto and Montreal."

The government is often a first big customer for many companies, she said.

Other features that draw businesses and businesspeople to Ottawa include a more stable real estate market and "fantastic geography," Kelly said.

"You can drive 15 minutes to the ski hills. The lakes are clean and Mooney's Bay is fantastic, a beach in the centre of town. We're the fourth largest city in Canada, but we still have a lot of green space."

Expand transit to run 24-7: Report

PROPOSAL This September, services on the Transitway will expand to 24 hours a day, seven days a week, if a transit report's recommendations are followed.

That's one of the many changes OC Transpo should be ringing in this fall, proposes a report coming to the city's transit committee tomorrow.

According to the report, system-wide ridership levels are returning to normal levels more quickly than expected after the transit strike.

The changes are intended to increase service on busy routes and respond to ridership levels, however some of the changes may require more passengers to make transfers.

A new rapid transit bus service is being proposed from the new Riverview Station and Leirtrim Station. Route 145 would be changed to provide local feeder service in River-side South.

The seven direct-to-downtown express routes in Orléans east of Tenth Line may be combined into four more frequent and more direct express routes.

In the Britannia, Richmond Road, Dowercourt, and Westboro areas, Routes 2 and 16 in these areas would be revised in an effort to make them more convenient, consistent, reliable services connecting these areas with the Transitway.

TIM WIECLAWSKI/METRO OTTAWA

ShareYourViews

ottawalatters@metronews.ca

Lose Your Glasses & Contacts Forever



LASIK, A ONE-TIME
INVESTMENT IN YOUR VISION

Starts at

\$490 /eye*

5 YEARS TO PAY*
NO \$ DOWN



How much can you SAVE over
your lifetime by having LASIK now?

Visit www.lasikmd.com/calculator to find out.

LASIK MD
VISION

FREE Consultation: 1-877-769-3030

OTTAWA: Chambers Building, 42 Elgin St.

www.lasikmd.com

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. 16 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.

PROMOTE YOURSELF INTO A NEW CAREER.

If you have been thinking about upgrading your skills or starting a new career, **it's not too late to enrol for Fall 2009**. Algonquin College has a selection of programs that are available for Fall 2009 in the following career areas:

- **Technology and Trades**
- **Arts, Media and Design**
- **Business and Hospitality**
- **Health, Public Safety and Community Studies**

Visit the College online to see what's available
and apply today! Your career awaits at *algonquincollege.com*

**Laid off?
Looking
for a new
career?**

Look into the Second Career initiative at Algonquin College.

You may be eligible for Second Career funding to help with your tuition!
Visit algonquincollege.com/2ndcareer for details.



ALGONQUIN
COLLEGE

Want to carry the Olympic torch? Better apply soon

The deadline to become a Coca-Cola Olympic torchbearer for the Vancouver 2010 Olympics as the celebration comes through Ottawa is approaching. All Canadians over 13 years old are encouraged to nominate themselves through icoke.ca before May 24 or at sogoactive.com prior to May 31. **METRO OTTAWA**

3

Local



The man behind Braille

To commemorate the 200th anniversary of the birth of Louis Braille, the Canada Science and Technology Museum, in collaboration with the Canadian National Institute for the Blind, presents Braille: Knowledge At Your Fingertips. The exhibit introduces both Louis Braille and the language he invented, and allows visitors to explore historical and modern tools such as a Braille press, a folding mobility cane and an auditory digital clock. **METRO OTTAWA**

Tulip festival grows in 2009

TRACEY TONG

tracey.tong@metronews.ca

In its fourth year featuring Celebree, the Canadian Tulip Festival has become so huge and so well-attended that the festival's executive director is sure it'll become "one of the world's great cultural festivals."

"It's the best year ever, there's no question," said Julian Armour.

Festival attendance, which topped half a million last year, is "honing in on 600,000 this year," said Armour.

The festival, which wrapped yesterday, enjoyed crowds this past long weekend despite rain Saturday,

said Canadian Tulip Festival spokesman Connor McGuire.

While Commissioner's Park was packed, Major's Hill Park, which featured the vintage carnival, was also well-attended, as was the International Pavilion at Lansdowne Park and the Mirror Tent at Armour city hall's Festival Plaza.

Celebree was a huge success, with nearly every show sold out through the run of the festival.

"It's obviously a festival which is varied in scope," McGuire said. "It was a big change and a big risk for us, but it worked out well, and this year, we're seeing our

efforts come to fruition."

The tulips, of course, were big attractions, McGuire said. "There were people coming from southern Ontario, Germany, Japan and even National Geographic."

While the Nanjing acrobatic group enjoyed consistently sold-out shows, other popular events included speaking engagements by Margaret Atwood and Rick Mercer, as well as performances of Henry Purcell's Dido and Aeneas this weekend.

In addition to bringing big names to Ottawa, the festival was great for tourism, said Armour, who predicted that the econom-

ic impact was "many millions" of dollars.

"All the hotels were full — 40 per cent of the people we bring in are from out of town," he said. "This promotes Ottawa as a really cultural city and gets people in the mood of going out to festivals for the rest of the summer and in the fall."

"This is very good for the economy of the city."

It's barely over for another year, but Armour is already working on next year's festival — and he's already got an opener for Celebree.

"We're opening with Bob Geldof next year," he said. "People from all over the world will want to hear him speak."



Julian Armour

Kilrea to take stand for fifth day in O'Brien trial

TIM WIECLAWSKI

tim.wieclawski@metronews.ca

Cross-examination of the man whose allegations of bribery brought two criminal charges against Mayor Larry O'Brien resumes today.

Terry Kilrea will be in the witness box for a fifth day.

Kilrea claims that O'Brien offered him cash and an appointment to the National Parole Board in July 2006, if Kilrea dropped out of the mayoral campaign.

The allegations brought charges of influence peddling in connection to a federal appointment, to which O'Brien has pleaded not guilty.

At the end of the cross-examination on Thursday, O'Brien's defence lawyer Michael Edelson stated that Ottawa-West Nepean MPP John Baird told police that he informed Kilrea that he was not qualified for the National Parole Board, during a July 19 meeting in Baird's office.

Kilrea insists he never discussed the appointment with Baird at that meeting.

"Do you not remember him telling you those things during that meeting, sir?" Edelson asked Kilrea on Thursday.

"No, because they certain never were said or came up," responded Kilrea.

On Thursday evening, Baird's office released a statement confirming Kilrea's version of events.

"The police statement is clear — this issue was never discussed during the meeting between Mr. Baird and Mr. Kilrea," said the statement. "The comments Mr. Edelson attributed to Mr. Baird were made to the police and not made to Mr. Kilrea. Again, the police statement is clear on this."

According to an OPP interview on May 4, 2007, Baird told police that Mr. Kilrea brought up the Parole Board spot, and Mr. Baird said he "couldn't honestly recommend him for the position because he didn't think he had the capacity for the job."

Crowds take in culture for free at museums

TRACEY TONG

tracey.tong@metronews.ca

SunnySide

It was a sunny May day yesterday, perfect weather to wrap up a long weekend.

Yet residents and visitors alike headed indoors in droves — to take in treasures from around the world and admire art and artifacts, all for free.

Thousands of people celebrated International Museums Day in Ottawa by heading to the National Gallery of Canada, the Canadian Museum of Civilization, the Canadian War Museum, the Canada Science and Technology Museum and the Canadian Museum of Contemporary Photography for a free admission day.

The Canadian Museum of Nature offered free admission on Sunday.

Percita Auguste was so excited about the event that she not only took her daughter, Charran, 8, to

the National Gallery of Canada, but "told everyone I could that it was free today."

"It's such a good idea," she said. "Coming from a Third World country, this is a blessing. We have to make sure we take advantage of this."

The gallery saw a record number of attendees yesterday, said gallery event co-ordinator and educator Andrea Gumpert.

"We anticipate 2,500 or more," she said. "It's a record year."

"This offers people a chance to see what there is in their own city, and see if there is anything that interests them," she said. "We hope they will come back to learn more."

While the event has something for everyone, it's especially good for kids — "it gets them to love arts and artists," Gumpert said.



National Gallery of Canada interpreter Tamara Sponder, right, helps Ottawa resident and budding artist Charran Auguste, 8, with a sun print outside the gallery yesterday. Thousands of people attended as the gallery opened its doors for International Museums Day.

News in brief

ROBBERY Police are seeking a suspect after a man robbed a gas bar and convenience store on Fallowfield Road on Sunday. Police said a man with a knife entered demanding money and cigarettes. He fled on foot and was last seen in the Woodgate area. Police are seeking a white male teenager, about five-foot-three. **METRO OTTAWA**

Lotteries

Friday, May 15: Lotto Super 7: 3, 4, 7, 16, 19, 26 & 45. Bonus 35
Saturday, May 16: Lotto 6/49: 16, 17, 23, 27, 30, 45. Bonus 39.
Sunday, May 17: Ontario Pick 3: 438; Ontario Pick 4: 9632; Encore: 1860548; Daily Keno: 1, 2, 3, 4, 5, 7, 9, 17, 22, 27, 28, 38, 40, 44, 51, 53, 59, 61, 65, 70. These results are not official.

metronews.ca

What's online today.

Video Analysis of the he-said, he-said twists of the inquiry into Brian Mulroney business deals at metronews.ca/canada
Video Employees anxious as Newfoundland offshore flights resume two months after fatal chopper crash at metronews.ca/canada

Video Peter MacKay talks about Canada's post-combat role in Afghanistan at metronews.ca/canada



H1N1 Flu Virus: the best way to stay healthy is to wash your hands thoroughly and often or use an alcohol-based hand sanitizer.

For information, visit: ontario.ca/flu

Or call ServiceOntario INFOLine at: 1-800-476-9708 | TTY: 1-800-387-5559

If you have symptoms, call Telehealth Ontario at: 1-866-797-0000 | TTY: 1-866-797-0007

Or contact your health care provider.



Ontario

From now until Sept. 15, visitors to the Gatineau Park Visitor Centre can see photographs exploring the colours and patterns of rocks along the parkway and trails of Gatineau Park. The colours are remnants of a vast mountain belt that existed a billion years ago. **METRO OTTAWA**

Trying hip-hop class on for size

MJ DESCHAMPS
for Metro Ottawa



SunnySide

I am not a dancer.

In clubs as a teenager, I had one move — flailing arms.

Friends have actually compared my dancing to Elaine's on Seinfeld.

So a free night hip-hop class offered by the City of Ottawa seemed like the perfect opportunity to put my dance skills to the test.

In celebration of May as Physical Activity Month, the city is running its annual Try It! campaign, in which various city facilities, YMCA-YWCA and community recreation centres across Ottawa offer a wide range of free classes and activities to children, youth and adults, from meditation to Nordic walking to kung fu.

The goal of the campaign is to get people active, and give participants a chance to explore different activities.

The night hip-hop class I

attended at the Kanata Recreation Complex is one of the regular weekly classes that opened itself up to city drop-ins during the month.

"The city has a lot to offer in terms of classes and activities — if you look through the city guide, you can pretty much find anything in there," said Tiffany Carroll, who teaches the class.

At the end of Carroll's high energy class, I'm left panting.

Although I seemed to be the youngest one in the class, these older women were far groovier than I was.

"See you next week Tiffany!" I heard a woman from the class proclaim as she practically skipped out of the studio.

As for me, I sauntered off quietly to put my dancer dreams to rest, and to decide what I should try next.

Emergency Man severely burned



Emergency crews were called to the Mackenzie King Bridge yesterday after a man caught fire. At around 4:30 p.m., a pedestrian noticed a man in his 60s sitting on a bench, with his upper torso on fire. He notified a couple of police officers walking in Confederation Park and within minutes, fire and paramedics arrived on the scene. The man was taken to the hospital with life-threatening injuries.

News in brief

CRIME Police are investigating an incident after a man was stabbed downtown Sunday night. At 11:49 p.m., police and paramedics responded to the

area of Besserer and Waller streets after passersby found a man suffering from stab wounds. A 29-year-old male victim was taken to hospital

and treated for non-life-threatening injuries. Police believe the victim and the suspect are known to one another.

TRACEY TONG/METRO OTTAWA

Police probe possible abduction attempt

TRACEY TONG
tracey.tong@metronews.ca

INVESTIGATION Police are investigating a suspicious incident after a male driving a school bus allegedly attempted to pick up two schoolgirls waiting for a bus on Friday.

Police said two girls, ages nine and 14, were waiting for their school bus at Charlemagne Boulevard and Martinoff Way in Orleans when an unfamiliar male driving in an empty, older-model school bus stopped at their location and invited a ride.

The driver allegedly advised that he was driving for three different schools that day and told them to get on.

The girls refused and the driver left the area.

Police are seeking the public's assistance in identifying a French-speaking male, 60 years old, with a thin build and a possible deformity to one of his hands.

There are 100s of ways to conserve energy.

My favourite is #49 - I pledge to use reflective window film.

I'm going to ask my dad to put reflective window film on my bedroom window, so the sun doesn't heat up my room so much. He'll save money on electricity - and, my room will not only look cool, but be cool.
(Note from Dad - "I'll be using an Every Kilowatt Counts coupon, available at participating stores and save even more money".)

COUNT ME IN!

Visit the website. Make your pledge to conserve.
You'll find 99 more ways to save at energyconservationweek.ca

Official marks of the Ontario Power Authority.

WE HAVE THE CAREERS YOU HAVE THE OPPORTUNITIES

The Canadian Forces offer you over 100 full- and part-time job opportunities in stimulating environments.

- Practical hands-on experience
- Financial support for education and training
- Extra income
- Voluntary missions in Canada and abroad
- Exciting challenges

To find out more about the Canadian Forces Reserve, come meet one of our recruiters.

WHEN: Tuesdays and Fridays, from 7 p.m. to 9 p.m.
WHERE: 763 Communication Regiment Open House
 2100 Walkley Road, Ottawa
 For more information, contact 613-949-2714

FIGHT WITH THE CANADIAN FORCES

FORCES.CA

1-800-856-8488

JOIN US

Canada

HOME PHONE LINES

6 MONTHS FREE!

- **SATISFACTION GUARANTEED!**
- **KEEP YOUR EXISTING PHONE NUMBER!**

All Features FREE!

- ✓ Caller ID
- ✓ Voicemail
- ✓ Call Waiting
- ✓ **KEEP YOUR EXISTING PHONE NUMBER**



 ENHANCED \$14.95 /month UNLIMITED Local Calling ✓ All Features FREE	 UNLIMITED CANADA \$19.95 /month UNLIMITED Calling to Canada ✓ All Features FREE	 ONE-RATE \$29.95 /month UNLIMITED Calling to CANADA AND U.S.A. ✓ All Features FREE
---	---	--
















Save Your Money!

CUBA
 **85** ¢/min

INDIA
 **5.9** ¢/min

PHILIPPINES
 **11.9** ¢/min

	Pakistan.....	5.9 ¢
	U.S.A.....	2.9 ¢
	U.K.....	2.9 ¢
	Israel.....	2.9 ¢
	Bangladesh.....	3.9 ¢
	Colombia.....	3.9 ¢
	Guyana.....	27.9 ¢
	SAUDI ARABIA.....	3.9 ¢
	IRAN.....	3.9 ¢
	U.A.E.....	16.9 ¢
	SRI LANKA.....	11.9 ¢
	LEBANON.....	9.9 ¢
	TRINIDAD.....	7.9 ¢

**NO MATTER WHERE YOU CALL,
 NO MATTER WHAT RATE YOU PAY,
 COMWAVE WILL BEAT IT...
 GUARANTEED!**



**Even if you are paying less,
 we'll beat it...
 GUARANTEED!**

UNLIMITED CALLING TO ANYWHERE IN CANADA
\$5 /month

YOU CAN EVEN CALL FROM YOUR CELL PHONE!

CALL LONG DISTANCE EVEN FROM YOUR CELL PHONE

- ✓ No need to cancel your service provider.
- ✓ \$10 FREE LONG DISTANCE FOR EVERY FRIEND YOU REFER
- ✓ No CONTRACTS



613-216-6100

comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas.

Canadians map flu virus in Alberta swine

Canadian scientists have mapped the full genetic sequence of influenza A (H1N1), also known as swine flu, that infected a herd of pigs in Alberta, and confirmed it matched the virus spreading in people around the world. **REUTERS**



Officials conduct cormorant cull

Gunfire from Parks Canada officials shattered the silence on Ontario's Middle Island in Lake Erie — where the balance of nature is so delicate visitors are banned from May to September — in a recent cull of cormorants. Officials used .17-calibre rifles to kill 1,600 double-crested cormorants, widely unloved fish-eating migratory birds with the nasty habit of destroying trees in which they nest and the undergrowth beneath. **TORSTAR NEWS SERVICE**

Canada

Canada lifts travel advisory to Mexico

HEALTH Canada is lifting an advisory against non-essential travel to Mexico as cases of influenza A (H1N1), also known as swine flu, start to wane there.

As well, Canada's chief public health officer, Dr. David Butler-Jones, says this country has seen the worst of the swine flu — for now.

The federal government says travel to Mexico — the epicentre of the swine subtype of H1N1 — is no longer a risk to Canadians since the virus has been spreading through Canada for some time.

The Canada Border Services Agency will continue to visually check travellers for signs of illness.

But the Public Health Agency of Canada will cease some Mexico-specific travel measures such as

Cases so far

- There has so far been a confirmed total of 520 cases — including one death — of the strain of swine flu in Canada. Nearly all the cases of the strain of swine flu in this country have been mild.

distributing health alert notices to passengers on direct flights to Mexico and having quarantine officers meet every direct flight entering Canada from Mexico.

However, the agency warns those at risk of complications from any form of influenza, including diabetics or people suffering from lung or heart disease, to consult their doctor before going to Mexico.

TORSTAR NEWS SERVICE

Possible reprieve for Black

U.S. Supreme Court would consider overturn of fraud conviction

In a rare and surprising decision, the U.S. Supreme Court announced yesterday that it would consider overturning a fraud conviction against fallen media baron Conrad Black, who is currently serving his 6½-year sentence in a Florida prison.



Black

The ruling left three of Black's lawyers shocked but elated, noting that

even supporters of the Canadian-born figure know how unusual it is for judges of the nation's highest court to rule in favour of a request by a criminal defendant.

"It is estimated that only about one in 500 applications for certiorari (review of a lower court's decision) are successful," said Black's Chicago-based lawyer, Edward Genson. "One in 500 would be gen-

Business goes on

- Whether it succeeds or fails, Conrad Black's appeal will have no impact on the potential sale of the Chicago Sun-Times, a New York bankruptcy specialist says.

erous. It's always a surprise to get it."

As usual, the court gave no reason for its decision.

Miguel Estrada, who prepared the appeal for Black and former executives

"It would have no effect," Joshua Angel, debtor-side bankruptcy attorney with Herrick, Feinstein LLP of New York City, said in an interview yesterday.

John Boulton and Mark Kipnis, saw the decision as a "preliminary victory" for Black, who has maintained his innocence throughout his long legal ordeal.

TORSTAR NEWS SERVICE

Group chides plan to save caribou

CONSERVATION A provincial plan on how to save the endangered woodland caribou is getting a failing grade from environmental groups.

The plan is proof the Ministry of Natural Resources is trying to "suck and blow" at the same time, attempting to address conservation concerns without damaging the forestry industry, said Janet Sumner, executive director of the Canadian Parks and Wilderness Society Wildlands League.

"The caribou conservation plan is supposed to get them out of the red zone, but it plays a balancing game," she said.

Woodland caribou live in Northern Ontario and are designated in the provincial Endangered Species Act as threatened.

TORSTAR NEWS SERVICE

Toronto Diverse dining



Kathy Bonivento is grilling souvlaki and offering Greek salads. Two Toronto food stalls were introduced in front of that city's Nathan Phillips Square yesterday to compete with hot dog vendors in the city's attempt to diversify its street food offerings.

LUCAS OLANKIN/TORSTAR NEWS SERVICE

\$20 AVG./HR. POSITION

TRAINING ALLOWANCE PAID DAILY
No Experience Necessary

CALL 1 866-940-0970

Discover • Learn • Understand • Connect

An event for people diagnosed with breast cancer and their families and friends

Free admission. Register now. Space is limited

Thursday, May 21, 2009, 6:30 - 8:30 pm

Marriott Hotel, Victoria North Ballroom

100 Kent Street, Ottawa

Breast Cancer Today

An Evening of Care & Community

Brought to you by

CANADIAN BREAST CANCER FOUNDATION



FOUNDATION CANADIENNE DU CANCER DU SEIN

Ontario

Scotiabank Group

To register online or for more information please visit
www.cbcf.org/ontario or call toll-free **1-866-373-6313 x660**



Midearth Travel

738 Bronson Ave., Ottawa
www.midearth.ca

NEW YORK CITY FUN

3 days, NYC and Woodbury Outlets

Dep: May 16 and more from **\$179**

USA 4 DAYS BUS TOUR

New York City — Washington DC — Atlantic City

Dep: May 16 and more from **\$209**

TORONTO — NIAGARA FALLS

2 days trip, 1000 Islands cruise, Toronto and Niagara Falls

Weekly departure from **\$109**

(ALL INCLUDING BUS & HOTEL)



For more bus tours, please call **613-236-5226** or **613-234-7072**

News in brief

POLLUTION Canada's oilsands emit more carbon dioxide than average crude so developers need a clearer picture of where greenhouse gas regulations are headed to find the best way to tap the giant resource, experts said. **REUTERS**

NATURE A magnetic formation running deep beneath Toronto might explain why songbirds head there on their spring migration, experts say. Instead of skirting Canada's largest city, with its highrise obstacles and concrete landscapes, birds by the tens of thousands hone in on the place as though following a compass. **TORSTAR NEWS SERVICE**

German woman beaten up over asparagus prices

German police are searching for a motorist who assaulted a 24-year-old woman selling white asparagus because he was upset about the price she was charging for the vegetable. Prices for white asparagus in Germany fluctuate wildly during the spring. **REUTERS**



World

Women enter Kuwaiti parliament

Four women won seats in Kuwait's parliament Saturday, a first in the Arab state's history. Aseel al-Awadhi, Massouma al-Mubarak, Salwa al-Jassar and Rola Dashti, left, were elected. Women were first granted the right to vote and run for office in Kuwait in 2005. Despite the progress, analysts say the election is unlikely to end the political deadlock that has delayed economic reforms in the Persian Gulf nation. **REUTERS**



Twenty-four get death penalty

EGYPT An Egyptian court sentenced 24 people to death yesterday on murder charges for taking part in a gunfight last year in a dispute over agricultural land in the Nile Delta in which 11 people were killed, local court sources said. The gunbattle erupted last March in the northern province of Beheira between two groups of private security men — employed by two rival associations that both claimed title to the land — when one side tried to take the land by force from the other. **REUTERS**

Pakistani army battles Taliban

INSURGENCY Pakistani soldiers were locked in heavy fighting with Taliban militants yesterday, the army said, as the government won support for the offensive from political parties. Twenty-seven militants including three commanders had been killed in the previous 24 hours while 17 wounded, military sources said. In all, more than 1,000 militants have been killed in the offensive, the government has said, while more than 50 soldiers have been killed, according to the military. **REUTERS**

Tamil defeat met with doubt

Tamils and their supporters demonstrating outside Britain's parliament yesterday refused to believe that Sri Lanka's long civil war was over or that separatist Tamil Tiger rebels were defeated.

"It's not true, no way," Sri Lankan-born Jey Moorthy, 23, said of Sri Lanka's declaration of total victory in one of the world's most intractable wars.

Police said 2,000 people took part in a noisy demonstration in London calling for a ceasefire and help for civilians caught up in the conflict.

Moorthy, who said he was "proud to say I'm a Tamil Tiger," did not believe a Sri Lankan state television report that rebel leader Vellupillai Prabhakaran had been killed.

The United States, Canada, the European Union and India regard the rebel Liberation Tigers of Tamil Eelam as a terrorist group.

Prabhakaran, 54, founded



Pro-Tamil demonstrators scuffle with police in London yesterday.

EU seeks human rights inquiry

• The European Union called yesterday for an independent investigation into alleged violations of human rights law in Sri Lanka's war. EU foreign ministers said they were ap-

palled by the loss of innocent lives and the numbers of casualties, including children, in fighting between government forces and the Tamil Tiger rebels.

the LTTE on a culture of suicide before surrender, and had sworn he would never be taken alive. Sri Lankan

president Mahinda Rajapaksa had already declared victory on Saturday, even as the final battle in Asia's

longest modern war was intensifying after the last of 72,000 civilians held in the war zone had been freed.

The LTTE conceded defeat on Sunday. But it has long warned it would intensify guerrilla attacks on economically valuable targets if defeated on the battlefield, something which has hindered growth in Sri Lanka's tourism sector. **REUTERS**

News in brief

EARTHQUAKE Production at California oil refineries owned by Valero, BP, and Tesoro were not impacted by an earthquake that hit the region late Sunday, sources said yesterday. Kinder Morgan Energy Partners, which operates pipelines in the region, also said operations were not affected. The quake had a magnitude of 5.0 and is considered "moderate," according to the U.S. Geological Survey.

MIDDLE EAST U.S. president Barack Obama voiced support for creation of a Palestinian state in talks yesterday with Israeli prime minister Benjamin Netanyahu. "We talked about restarting serious negotiations on issues of Israel and the Palestinians," Obama said, adding that it was in the interests of both sides "to achieve a two-state solution." Netanyahu said that he supported self-government for Palestinians but made no mention of a state, underscoring a rare rift in U.S.-Israeli relations. "We don't want to govern the Palestinians. We want them to govern themselves," Netanyahu said. **REUTERS**

Worldwide flu pandemic may be unfolding: WHO

Humanity may be witnessing a flu pandemic unfold, the head of the World Health Organization said yesterday, as Japan reported a big jump in infections with the newly discovered influenza A (H1N1) virus, al-

so known as swine flu.

Influenza fears dominated the start of the WHO's annual congress in Switzerland, where many of the 40 countries touched by the strain urged the United Nations agency to rethink its

pandemic alert scale, now at the second-highest notch.

WHO director-general Margaret Chan said the outbreak needed to be tackled with seriousness even though its symptoms appear to be largely mild.

"For the first time in humanity, we are seeing, or we may be seeing, pandemic influenza evolving in front of our eyes," Chan told the World Health Assembly meeting.

According to the WHO,

74 people have died from the virus. Most of the other nearly 9,000 patients have suffered mild effects from the bug that is a genetic mix of swine, bird and human viruses. **REUTERS**

ATTENTION SECURITY GUARDS

• **THE SECURITY ALLIANCE GROUP** •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.

For an interview call **613.820.3554** Mon-Fri 9am-5pm

HIGHEST CASHABLE GIC RATES

**GUARANTEED & SECURE
LIFE INSURERS – 3.75%
vs. BANKS – 1.65%**

• Five Year • RRSP Eligible • Deposit Insured

CALL NOW!

*Deposits protected under ASSURIS. Insurers' equivalent to Banks' CDIC. Early redemption fees may apply. Rates subject to change without notice. Source: Carfax Financial Exchanges Limited. Date: April 30, 2009.

613.842.8809
FirstRateInsurance.com



This summer, your child can learn REAL VIDEO GAME PROGRAMMING

Your child or teen loves video games & does well in math without trying. They may have said that they want to design & program video games as a career!
At Real Programming 4 Kids™ your kid can learn the secrets of game design, advanced math & real game programming and have tons of fun!

At RP4K's 6th summer of Ottawa Programming Camps @ Ashbury College we will teach your 9 to 17 year-old **REAL PROGRAMMING LANGUAGES** including: C#, XNA, Visual Basic, Java and C++.
Each student has their own computer and there are never more than 4 kids to an instructor!



Call Real Programming 4 Kids™ (toll free) 1-877-307-3456 and schedule a **FREE NO OBLIGATION TRIAL CLASS** www.realprogramming.com

WANTED Home-Stay Families



Interested in a culturally and socially rewarding opportunity?

We are looking for English-speaking families in Nepean to welcome one or two French Canadian and/or international students aged 15-17 years this summer. Students are coming July 5th to August 6th, 2009 to learn English. Must provide the following:

- A furnished bedroom
- 3 meals/day (bagged lunch)
- A warm and friendly environment
- Remuneration provided

For more information contact Penny at: **(613) 294-3995** or email: pennysherwood@rogers.com



LOCAL

Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed

Distribution Manager, Bernie Horton

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

Comment

Sun King of subterfuge

NationalReport

Lawrence Martin

metronews.ca/nationalreport

In Ottawa, two people below the prime minister hold the power. They are his chief of staff and the clerk of the Privy Council. Compared to these guys, cabinet ministers are small players. Until recently, Stephen Harper, Sun King of the great north, wouldn't even allow most of his cabinet ministers to answer questions in the House of Commons. His then House leader, Peter Van Loan, was directed to respond to most queries by attacking the questioner.

One would think, given the degree of importance of the chief of staff and the clerk, that the public would or should be familiar with

them. But there's not one in a hundred Canadians who even know their names.

This month, in a major shake-up that had broad ramifications for the government, the clerk, Kevin Lynch, was replaced. We don't know whether he was pushed out or left voluntarily. Rather than delve into that story we in the media fixated on Rubygate — that critical question of whether or not backbench MP Ruby Dhalla was a meanie to her mother's Filipina caregivers.

The media's focus on this soap opera — Dhalla has a shapely body and wears spike heels — was something to behold. It's like we all

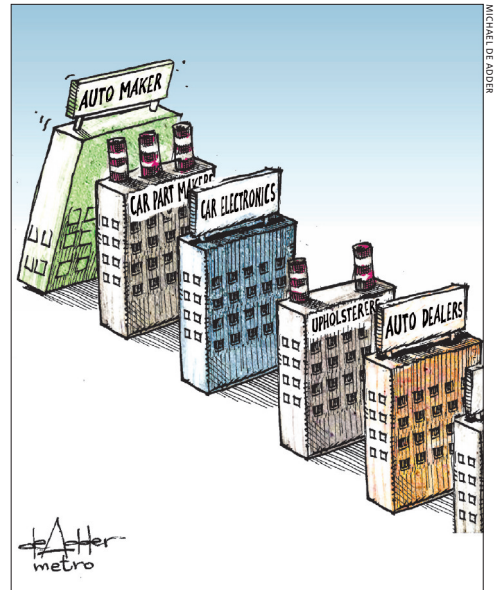
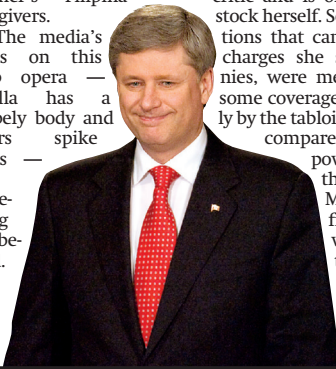
descended from the Daily Mirror of London's formerly famed Fleet Street. What's next? Is everybody in the nation's capital going to be under the microscope for how they treat their domestic help? What if, for instance, some clearly negligent minister of the Crown doesn't leave out enough potato chips for his or her babysitter? What will happen then?

Granted, Dhalla was the Liberals' multiculturalism critic and is of immigrant stock herself. So the accusations that came her way, charges she strongly denies, were meritorious of some coverage — especially by the tabloid media. But compared to the power shift in the Prime Minister's Office, which was of 20 times the importance, Rubygate was a laugh.

The root of the problem, why the media got it upside-down, lies in the way they cover Ottawa, which is upside-down. In Ottawa, the power lies in the Prime Minister's Office and Privy Council Office, the government's executive branch. But they are housed in the sealed-off Langevin building. No journalists get near them. Instead they congregate Parliament Hill, the legislative branch that caters to the Sun King's every whim.

By contrast, in Washington the media have quarters in the executive branch, the White House. Their focus is chiefly there, as opposed to Capitol Hill. Americans therefore tend to get to know who their chief power players, the Karl Roves of the world, happen to be. Here, because our media still hold to an archaic system of coverage, we chase nannies.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Metro Online Poll Results

29% SAID YES

Is the Brian Mulroney inquiry relevant to you?

Weigh in on today's question at metronews.ca

71% SAID NO

Letters

Get out and eat

Re: *SunnySide initiative*

I propose on Friday, May 29, every daytime worker do not bring a lunch if they can possibly buy it for that day. That includes coffee or tea. The exceptions, of course, would be if it's financially impossible or there's no cafes or restaurants near them.

This would give all local cafes and restaurants across Canada immense business for at least one day. May 29 should generate enough business to get some money circulating from British Columbia to Newfoundland. If it works, perhaps do it again June 26.

BARRY WOOD, HALIFAX

Stay home and eat

Re: *SunnySide initiative*

Here are some ideas: Instead of people opting to work out in a gym, lots of calories can be burnt in their backyards by growing organic vegetables.

Excess vegetables could be supplied to shelters or home care centres, thus minimizing government funding.

Those government funds can be utilized for creating jobs in less-developed areas.

It's time to rethink the millions of dollars that go to some ridiculous research project, such as men's and women's grooming habits.

PRADEEP KRISHNA RAO, MISSISSAUGA

Views

Is the future still black and white?

InBusiness

Charles Davies

What a sorry coincidence. The very week National Post publishes a series of articles underlining the importance of newspapers, it temporarily drops its Monday edition as a cost measure.

Canadian newspapers generally are suffering these days due to much reduced ad revenues and relentless cost pressures. Against the backdrop of the U.S., where major newspapers are cash and profit starved, going strictly digital or folding altogether, you begin to think newspa-

pers don't have a future.

The Post, of course, is right to reassert the value of newspapers and to suggest they'll be with us for a long time. The argument really boils down to two points: We need them and we read them.

Newspapers have always been savagely criticized. Even H.L. Menck- en, a newspaperman for half a century, observed they were devices "for making the ignorant more ignorant and the crazy crazier."

Most, however, have given newspapers and other elements of the fourth estate their due as guardians of democracy, independent overseers with the ability to

alert the rest of us to abuse and excess.

You can argue forever about the relative accuracy of newspapers, but the fact is they have been around a

Recent Newspaper Audience Databank (NADbank) numbers show people understand this. Readership in Canada's 19 largest markets has been remarkably stable for five years, and readership of daily newspapers around the world has grown.

But neither audience strength nor civic virtue guarantee a healthy future for newspapers. Once the recession ends and revenues come back, publishers will still have to confront the thorniest question of the Internet era: Finding new and profitable ways to get valuable and trusted content into the hands of a shifting audience.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



long time and developed journalistic traditions that render what's on the printed page more — rather than less — truthful. And with new and questionable sources of information proliferating hourly on the Internet, newspapers' "truthiness," — as Stephen Colbert would say — is golden.

Quote of the Day

"It is in the interests not only of the Palestinians, but also the Israelis ... to achieve a two-state solution."

— U.S. President Barack Obama addressing reporters yesterday with Israeli Prime Minister Benjamin Netanyahu in the Oval Office.

REUTERS

Tell us your views by email to ottawalatters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Woody Allen wins \$5M settlement in lawsuit over advertising

American Apparel Inc. settled film director Woody Allen's lawsuit over the company's use of his image on billboards in New York and Los Angeles for \$5 million US, Allen said yesterday as the case was about to come to trial. **REUTERS**



9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Magazine begs for bailout

U.S. music magazine Paste, facing advertising cuts that have hit many publications during the recession, is staking its survival on begging loyal readers and musicians for money. Editor-in-chief Josh Jackson said yesterday more than 90 artists were donating songs and other goods for people who pledge money to the Atlanta-based magazine. **REUTERS**

Credit-card users in tough

High interest rates unlikely to budge, experts warn

Stubbornly high credit-card interest rates and recent moves by several banks to hike rates on personal lines of credit are frustrating many Canadians — at a time when the Bank of Canada has slashed its key overnight rate to a historic low of just 0.25 per cent in a bid to revive the economy.

Banks explained the recent moves to raise rates on lines of credit by saying their cost of borrowing has risen dramatically amid the credit crunch. That argument holds less water lately, since credit conditions have steadily improved this year and the banks' cost of capital has fallen.

"It is absolutely absurd to have interest rates on credit cards at 19 and up to 25 per cent."

Senator Pierrette Ringuette

But credit-card holders carrying a balance aren't likely to see relief anytime soon. Financial institutions may be paying less to borrow certain funds, but experts say that is unlikely to have a downward pressure on rates. That's because most of those loans are not backed by collateral, making them relatively "risky" even in good economic times.

The unemployment rate is at a seven-year high, which is fuelling a spike in credit-card defaults and

personal bankruptcies.

Most banks are expected to report climbing losses on cards when they disclose their second-quarter results later this month — that's despite taking action to cut credit limits on dodgy accounts and hiking penalties for those who pay late.

As evidence mounts that increasing numbers of Canadians are struggling to pay off those debts, the federal government is facing pressure to regulate.

Federal Finance Minister

Jim Flaherty plans to release a "set of regulations" in the coming weeks.

Critics, however, are already dismissing Flaherty's plan as political posturing, and that's fuelling a contentious debate on whether Ottawa should impose a cap on credit-card interest rates.

Senator Pierrette Ringuette, a Liberal who spearheaded the Senate banking committee's study of credit and debit, is convinced that it should.

"It is absolutely absurd to have interest rates on credit cards at 19 and up to 25 per cent," she said, noting that banks are getting relief on their funding costs. **TORSTAR NEWS SERVICE**

Business in brief

STOCKS India's main stock index leapt more than 17 per cent yesterday for its biggest single-day gain in almost two decades after the ruling coalition sealed a decisive election victory that calmed fears of political uncertainty.

FINE Job recruiter Monster Worldwide Inc., whose former COO and president was convicted last week for a stock options backdating scheme,

agreed to pay a \$2.5-million US fine to the U.S. Securities and Exchange Commission, the regulator said yesterday.

OILSANDS Norway's centre-left government effectively delayed a parliamentary vote yesterday on whether majority state-owned oil-and-gas producer StatoilHydro should withdraw from a \$2-billion US Canadian oilsands venture. **REUTERS**

Cut Your Debt BY UP TO 70%

- Avoid bankruptcy
- 0% interest
- Working for you, not your creditors

Call 4Pillars at 613-868-1597
www.cutyourdebt.ca

All 4 Pillars offices are independently owned and operated

Nortel will shrink but won't vanish, analysts say

TELECOM Nortel Networks Corp. will most likely sell off most of its pieces at firesale prices as part of its bankruptcy restructuring, but experts don't expect one of the most storied names in Corporate Canada to disappear altogether.

Under the bloated exteri-

or, analysts see a rump operation with the potential to be a viable company with a chance to succeed in one segment of the telecom equipment business.

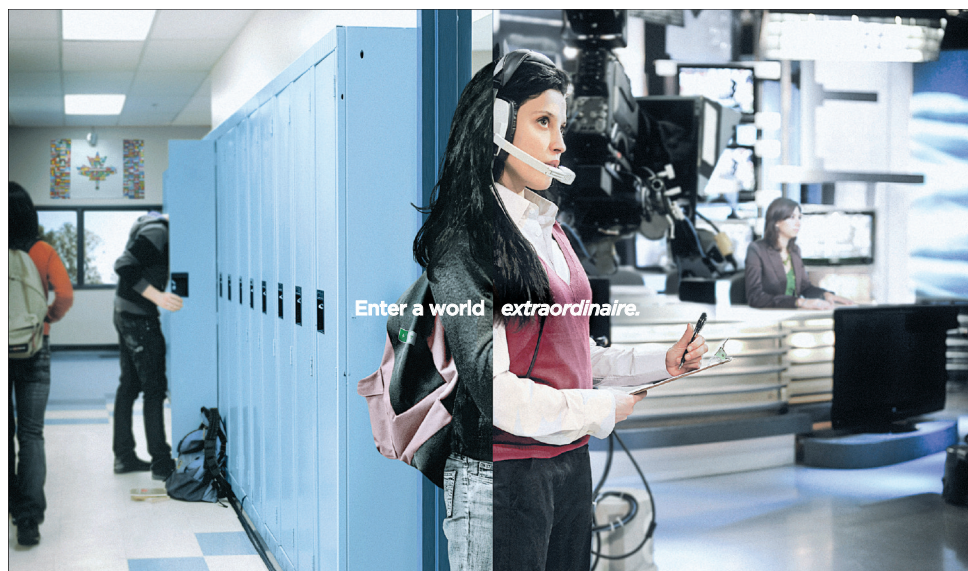
When the dust finally settles, the only remnant of the once-mighty Nortel expected to be left is Metro

Ethernet Networks (MEN), the unit that makes Internet infrastructure and includes its optical and carrier ethernet technology.

The MEN unit includes a promising new technology that lets telecom companies quadruple the capacity of their networks using

fibre-optic cables thinner than a human hair.

"It would be smaller, obviously, but it would be a viable company capable of competing in that space," said Duncan Stewart, an analyst at DSAM Consulting in Toronto. **REUTERS**



Enter a world *extraordinaire.*

Ontario's French-language education opens up a world of possibilities.

From early childhood through adulthood, we offer a continuum of French programs and services of exceptional quality. Our complete network includes elementary and secondary schools, as well as colleges and universities. In addition, French-language school boards offer free, full-time junior and senior kindergarten programs to children beginning at age 4.

Éducation en langue française en Ontario
A WORLD OF POSSIBILITIES
fle.ontario.ca

With the participation of the Government of Canada.

Canada



Become a Certified Teacher

SUNY Potsdam offers **teacher certification programs**, part time in Ottawa.

- Program entry requires bachelor's degree with competitive grades.
- Students are placed in Ontario for student teaching.

Accepting applications for the Master of Science in Teaching (MST):

PART-TIME PROGRAM (Ottawa):
visit www.potsdam.edu/ottawa

Childhood Instruction (Primary/Jr. Divisions)
begins August 2009

INFORMATION SESSION (session begins at 7 pm)

• **May 19, 2009**
Ottawa Catholic School Board
(Board Room),
570 West Hunt Club Road

Make your reservation
by calling or e-mailing:
1-800-458-1142 (ext. 1)
graduate@potsdam.edu

Potsdam
THE STATE UNIVERSITY OF NEW YORK

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	1.0%	1.05%	1.6%	1.5%	1.0%	1.0%	1.0%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

HiSAVE Savings Account

1.60% CSApply online: [icicibank.ca](#)

ICICI Bank

All interest rates are expressed on a low interest basis and are subject to change any time without notice. Interest on HiSAVE Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HiSAVE name are registered trademarks.

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

There's nothing lonelier than a single bill pinning away in your wallet ... unless, of course, that bill happens to have Sir Robert Laird Borden's face on it, which means you've got 100 bucks cooling its heels, waiting to be spent.

But let's assume it is Sir Wilfrid Laurier — a fiver,

in case you didn't know — who is keeping receipts company in your purse or wallet. When you have in-to sight of a java joint and pull out the Great Conciliator — yes, this column is a history lesson as well as a money lesson — you are likely to think twice about using it all up.

Cash controls spending, plain and simple. Using cash to pay for everyday purchases such as coffee, transit, lunch and magazines alerts you to the idea that you're actually spending real money. You just don't get the same cautionary sense when you haul out plastic, be it a debit card or a credit card.



There's a distinct cognitive event that happens when you handle money. It's called awareness. Over the counter goes the fiver and back comes a loonie, a dime, two nickels and four pennies. You drop the pennies in the "Give a Penny Take a Penny" bowl and pocket the rest.

I'm betting that everyone reading this column has

Alison's Money Rule:

- Cash controls spending. Using cash to pay for everyday purchases alerts you to the idea that you're actually spending real money.

just added up the change. Some of you have added up the change and then subtracted the four pennies to determine how much mon-

ey was left from the purchase. And a few of you are calculating, even as you read, what that purchase might have been by the amount spent.

Was it a frap, cap, latte, green tea and cookie? You see, you are much more conscious of this imaginary purchase than if you had paid with plastic. Now, add in the awareness of the bills left in your wallet and you become attuned to your temporary wealth, or lack of it. At the end of the day, what encourages us or cautions us about spending is knowing where you're at and using cash will do it every time.

For more about Alison's

show Maxed Out, and for local times, visit [wnet-work.com](#).

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](#).

On the web

Columnists:

- Henry Choo Chong goes into the details of the new Home Renovation Tax Credit in his Money Matters column. Visit [metronews.ca/moneymatters](#)
- The Smart Cookies offer tips on saving cash on beauty products. Visit [metronews.ca/smartcookies](#)

Allergy Relief

QUESTIONS AND ANSWERS

Ask Josée

Josée Fortin is a Biochemist and a Naturopath who works both in collaboration with pharmacies and as a spokesperson for A.Vogel.



Question: I get itchy eyes and sneezing fits all year round. I know there are lots of natural hayfever remedies but I obviously don't have hayfever. The doctor has recommended antihistamines, but they make me drowsy. What else can I take?

Answer: I use A.Vogel Pollinosan for patients who have any of the symptoms of allergic rhinitis, which it sounds as if you have. Allergic rhinitis is caused by a reaction to any number of things such as house dust mites, animal hair, exhaust fumes or any other airborne pollutants. A.Vogel Pollinosan will work for any and all of these symptoms, usually having an effect within 20 to 30 minutes. If you have symptoms regularly, you can take it on a daily basis to keep them under control. It has no side effects and can be taken alongside any other medication, so it's very safe, clinically proven and easy to use.



A.Vogel

Experience. True Swiss.

Available at Natural Health Retailers Nationwide.
info: [www.avogel.ca](#) - 1-800-361-6320

1 in 2 Canadians can give blood, but only 1 in 60 do.

If you were the one in need, wouldn't you hope someone was donating for you?

Please call 1 888 2 DONATE ext.222 to book your appointment.
You could save up to 3 lives.



Canadian Blood Services
it's in you to give

For more information visit [www.blood.ca/give](#)

BLOOD.CA WWW.BLOOD.CA 1 888 2 DONATE

2go CUSTOM KITCHENS



Kitchen & Bathroom Cabinetry
Computer Aided Design
In-house Consultation
Professional Installation

CALL FOR APPOINTMENT

1123 Newmarket St. Ottawa, On K1B 4N4

[www.2gokitchens.ca](#)[www.dynamicspace.com](#)

613.731.8646

Kitchens for every lifestyle

Read more Metro online today. [metronews.ca](#)

Rogers to carry TSN2

Rogers Cable subscribers who were worried about missing the upcoming pivotal series between the Toronto Blue Jays and the Boston Red Sox can breathe a sigh of relief. The cable provider and TSN have finally come to an agreement over the distribution of digital channel TSN2, which has exclusive coverage of the series. **METRO NEWS SERVICES**

11

Sports

SPORTS@METRONews.ca



Roy plays coy

Hall of Fame goaltender Patrick Roy, left, has denied being offered the Colorado Avalanche's coaching job. Citing anonymous league sources, the Denver Post reported yesterday that Roy had received an offer and was mulling it over. The Avalanche declined comment. The coaching job is currently held by Tony Granato. **METRO NEWS SERVICES**

Pens draw first blood

Stanley Cup
2009 Playoffs
(Pittsburgh leads series 1-0)
Carolina 2 Pittsburgh 3



Evgeni Malkin had a goal and an assist while Marc-Andre Fleury made 23 saves to help the Pittsburgh Penguins take Game 1 of their Eastern Conference final series against the Carolina Hurricanes with a 3-2 win.

Philippe Boucher added a goal and an assist while Miroslav Satan also lit the lamp for the Pens, who are in the conference finals for the second straight season



Pittsburgh's Miroslav Satan scores on Carolina goalie Cam Ward last night in Game 1 of the NHL Eastern Conference final. Pittsburgh won the game 3-2.

after beating Philadelphia and Washington.

Chad LaRose and Joe Corvo each scored a goal while

Cam Ward made 28 stops for the Hurricanes, who defeated New Jersey and Boston to reach the confer-

ence finals for the first year since their Stanley Cup-winning 2006 campaign. **METRO NEWS SERVICES**

Control of Coyotes decided today

NHL If hockey in the desert is finished, the NHL made sure it will go out in a blaze of glory. Or at least in a torrent of court documents.

Judge Redfield Baum will decide today who controls the team in order to decide whether the Chapter 11 bankruptcy is legitimate,

and whether the sale of the team to Jim Balsillie can proceed.

The NHL now has the support of the NFL, Major League Baseball and the NBA, which filed statements asking Baum to respect the NHL's rules.

TORSTAR NEWS SERVICE

SCOREBOARD

MLB	NHL	NBA
YESTERDAY'S AL RESULTS Toronto 3 Chicago White Sox 2 Tampa Bay 13 Oakland 4 Oakland at Tampa Bay L.A. Angels at Seattle YESTERDAY'S NL RESULTS Colorado 5 Atlanta 1 Pittsburgh at Washington Arizona at Florida Milwaukee at St. Louis N.Y. Mets at L.A. Dodgers	TODAY'S AL GAMES Toronto at Boston Texas at Detroit Baltimore at N.Y. Yankees Oakland at Tampa Bay Cleveland at Kansas City TODAY'S NL GAMES Pittsburgh 3 Carolina 2 Chicago at Detroit Thursday's Game	FRIDAY'S GAME Detroit at Chicago SATURDAY'S GAME Pittsburgh at Carolina SUNDAY'S GAME Detroit at Chicago TUESDAY'S GAME Pittsburgh at Carolina TODAY'S GAME Denver at L.A. Lakers WEDNESDAY'S GAMES Orlando at Cleveland

First-place Jays sweep White Sox

BASEBALL Alex Rios tripled home the go-ahead run with two outs in the bottom of the eighth inning, lifting the Toronto Blue Jays to a 3-2 victory over the Chicago White Sox and a sweep of the four-game series at Rogers Centre.

Kevin Millar homered and Aaron Hill knocked in a run with a sacrifice fly for the American League East-leading Blue Jays, who have won seven of their last nine games. Toronto wrapped up a seven-game homestand with a mark of 5-2 and heads to Boston to open a three-game set with the second-place Red Sox tonight.

METRO NEWS SERVICES

Senators headed to East Coast

NHL The Ottawa Senators will be looking to improve on their 1-3-1 record in pre-season games in Halifax when they take on the Florida Panthers Sept. 15.

The Senators open their 2009-10 training camp on Saturday, Sept. 12, at Scotiabank Place with medicals and fitness testing.

Ottawa and Florida played to a 2-2 tie on Sept. 15, 2001 — the last time they met in the Nova Scotia capital.

METRO OTTAWA

Discover A Revolutionary Tanning Experience: The Mystic Tan

The Mystic Tan™ booth is a private, self-contained unit, that employs a revolutionary spray process to apply a uniform amount of self-tanning solution to the entire body in less than 60 seconds...and will last for up to 7 days!

For a limited time at iTAN, you can enjoy **FREE ONE MYSTIC TAN FOR \$25**

Present this offer with valid I.D. One per customer. Expires May 31, 2009.



www.itanstudios.com

Fueled by Weider. Naturally.

Introducing Weider Daily Naturals
A line of All-Natural active living supplements.

Every Weider Daily Naturals product is:

- ✓ 100% free of artificial sweeteners, flavours, colours or preservatives
- ✓ Vegetarian
- ✓ Diabetic-friendly
- ✓ Gluten-free (Excluding Daily Greens)



Available at:

Superstore

Loblaws

SHOPPERS DRUG MART

For More Information:
www.weider.ca

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Vitamins not always healthy

STUDY Here's more evidence you shouldn't load up willy-nilly on vitamin pills. Many people think if they exercise and take vitamins, they can prevent diabetes and other diseases. A new study has found that taking vitamins E and C actually blocks the beneficial effects of exercise.

A team of researchers from German and U.S. universities studied 39 healthy young men enrolled in a four-week exercise training program. Some took vitamins and some didn't. Exercise had a beneficial effect on metabolism only in those who did not take the vitamins.

CELIA MILNE/FOR METRO CANADA

Boob job? Buyer beware

Make sure you find a qualified surgeon; do your homework beforehand

CELIA MILNE
for Metro Canada

Thinking of having breast augmentation or liposuction? Make sure you go to a qualified doctor.

More than half a million Canadians seek cosmetic enhancements each year and surveys show only one-quarter of them have done their homework beforehand.

Tania from Waterdown, Ont., made sure she was educated before making the big decision. She had a breast augmentation in April 2008, when she was 31. "I was an A. I'm a C now," she says. "I love it, I love it. You know what? I love it!"

Tania researched for

two years before deciding to have her surgery done by Dr. Frank Lista, a certified plastic surgeon and medical director of the Plastic Surgery Clinic in Mississauga, Ont.

But not everyone goes to a qualified surgeon. Lista is very concerned that people are being lured by non-surgeons.

check credentials

• To find out if a doctor is a specialist and what kind of specialist he or she is, go to www.royalcollege.ca and type in their name. Their specialty will be listed there.

CELIA MILNE

botched or liposuction has ruined my life.' I ask who did it and find out it was not a plastic surgeon. People are being misled," says Lista.

For instance, someone might advertise that they

"A non surgeon can do surgery on a patient without restriction," he says. "I see people all the time who say, 'my breast surgery was



If you're considering breast augmentation, liposuction and/or a facelift, make sure the doctor you select is a certified plastic surgeon and find out how many similar surgeries he or she has performed.

are a "licensed cosmetic surgeon" but there is no such specialty. "These people are sneaky," says Lista.

Unfortunately, buyers have to beware because, he says, the field is not regulated. "Restaurants

are better regulated than surgical facilities," he adds.

The Canadian Society for Aesthetic Plastic Surgery and the Canadian Society of Plastic Surgeons have teamed up to let Canadians know that they need to be cautious when seeking procedures like breast augmentation, liposuction and facelifts.

Ask four questions before committing to a surgeon: Are you a certified plastic surgeon? How many surgeries like this have you performed? Do you have hospital privileges to perform these types of procedures? At which hospitals?

Tania ended up choosing Lista because she checked his credentials on the centre's website and she felt he was very credible. She also "liked the vibe" of his clinic when she went for a consultation.

The breast surgery cost her \$6,500. "Do a lot of research," she suggests to those who are interested. "Speak to someone who has had it done. If you go in looking for a deal, you're looking for trouble."

She is very pleased with her new size C breasts. "I feel they're part of my body and I've always had them."

Low Energy ✓ Stressed ✓ Time to Detox!

Morning Rise & Shine

Lemon, Aloe Mineral Drink

• Energize • Alkalize • Cleanse • Hydrate

Holistic Pharmacist, RoseMarie Pierce, B.Sc. Pharm., formulated the Morning Rise & Shine drink to offer an easy-to-take alternative to her popular recipe version, see www.sunstreams.ca. RoseMarie believes that replacing the morning coffee (or sweetened and processed drinks) with the Morning Rise & Shine drink will provide the double benefit of eliminating acid-forming drinks and offer instead a health-giving alkalizing, energizing alternative. By starting the day with this healthy morning drink, you will also help to improve nutrient absorption and create lightness in your digestive process.

Customer Testimonial - I'd heard about Morning Rise & Shine from a friend who said it gave her that needed edge so I tried it and now it's a part of my morning ritual!
G. Solomon - Winnipeg MB



Created by
RoseMarie Pierce, B.Sc. Pharm.,
Holistic Pharmacist
RoseMarie is a highly
respected lecturer, writer,
and media personality within
the natural health industry.



ReCleanse

7-Day Whole Body Detox Program

• Eliminate toxins • Improve digestion • Lose weight
• Support immunity • Healthy aging • Increase energy

ReCleanse® Herbal Cleanse is the gentle and effective, 7-Day Whole Body Detox that you can use as often as you like. Consisting of two parts, the multi-systems cleansing formula and the colon cleansing formula (in vegetable source capsules), ReCleanse® Herbal Cleanse can rejuvenate and restore the cleansing and detoxifying systems of the body, which deactivate, transform, filter and eliminate toxic substances. It does this by combining the benefits of over 25 cleansing herbs shown to enhance the natural cleansing ability of the kidneys, glands, liver, blood, digestive system and colon.

ReCleanse® Fibre Powder and Fibre Chewables provide 100% organic fibre from plant sources, superior health-promoting soluble fibre to support the detoxification process.

Customer Testimonial - I have been using ReCleanse for the past 6 months and have felt rejuvenated with energy!
H. Wilson - Kelowna BC



Ottawa

Nutrition House

St Laurent (613) 842-4116

Mother Hubbards

Natural Foods
(613) 820-3178

Natural Food Pantry

Carlingwood (613) 728-1255

Natural Food Pantry

Riverside (613) 737-9330

Natural Food Pantry

Kanata (613) 836-3669

Market Organic

(613) 241-6629

Sport Supplement Warehouse

(613) 224-1238

Pantry Plus

(613) 830-5790

La Boîte à grains

Gatineau (819) 243-3002

La Boîte à grains

Hull (819) 777-7348

Nutri-Land

Manotick (613) 692-5558

NutriLand

Riverside Dr. (613) 288-0106

Call us Toll Free at

1.800.931.4247



SPECIAL FOCUS ON:

Plastic Surgery

health & beauty 13

Betrayed wives talk to cope

The J Spot

Josey Vogels

metronews.ca/thejspot

Salon.com called her book tour "one of the most sado-masochistic publicity jaunts in political history."

New York Times columnist Maureen Dowd criticized her for dragging her husband "back into the public square for a flogging."

But Ruth Houston, infidelity expert, founder of InfidelityAdvice.com and author of *Is He Cheating on You?* 829 Telltale Signs, thinks Elizabeth Edwards should be commended for writing and speaking so candidly about her husband's (former presidential candidate John Edwards) extramarital affair and the effect it has had on her

both physically and emotionally in her new book *Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities*.

"By doing so, she has pulled back the curtain and exposed aspects of infidelity that the public rarely gets to see," says Houston. "Women with cheating spouses or significant others need to see that they are not alone—that all women face similar issues when trying to cope with their partner's affair."

It doesn't hurt either she adds, for the cheating cad to see and hear firsthand the hurt, humiliation and heartbreak they inflict when they have an affair.

Usually, when a male public figure has an affair, the focus is on him, the details of the affair, how it will affect his career, etc., while his wife is expected to dutifully and literally "stand by her man" in silence.

"Elizabeth Edwards is the voice of those 38 to 53 million women with cheating mates," says Houston.

"When women like Elizabeth Edwards, Hillary Clinton and Dina Matos McGreevey share their personal experiences as betrayed wives, they direct public attention to aspects of infidelity that usually go unnoticed or ignored."

"They reveal a side of infidelity that the public rarely gets to see. Judging from the criticism these women have garnered for airing their dirty laundry, and openly discussing their husband's affairs, this is a side of infidelity the public would rather not see."

But considering that infidelity in one form or another affects 80 per cent of all marriages and committed relationships, it's a side that needs to be seen.

For insight into why we're so fascinated with the extramarital affairs of public figures, visit my blog, *Sexcetera*, at metronews.ca/Toronto/blog.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

LIVE LIFE OUT LOUD

All Natural & Organic Ingredients



Available at Retailers Nationwide

You are only 14 days away from feeling more alive, energized and vibrant than you ever have.

Each serving of Perfect Greens provides a synergistic blend of over 32 plant-based essential nutrients and is equal to 7 servings of organic fruits and vegetables.

DETOXIFICATION

HEALTHIER SKIN AND HAIR

LIVER SUPPORT

IMMUNE SYSTEM SUPPORT

IMPROVED CIRCULATION

LOWER CHOLESTEROL

INCREASED ENERGY

ANTIOXIDANT SUPPORT

IMPROVED MOOD

HEART HEALTH

ENHANCED MENTAL ACUITY

BONE SUPPORT

PERFECTGREENS.CA
888.226.4826

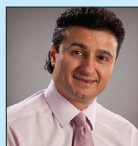
COMPLIMENTARY DISCOVERY WORKSHOP OSTEOPOROSIS

"Don't Get Soft"



Attend and Discover:

- What the meat and dairy industries don't want you to know!
- Warning signs of Osteoporosis!
- Why calcium supplements are not enough!
- Foods and medications that cause bone loss!
- The importance of acid-base balance.
- Healthier drug-free ways to build strong bones for life!
- A new revolutionary natural bio-replenishment product that is backed by 20 years of scientific research



Barrhaven Mall
Monday May 25, 2009
6:45 - 7:45 p.m.

Registration begins at 6:30p.m

Presented by – Dr. K. Mankal B.S.c, D.C

Guest speaker – Pierre Gaudet, Exercise Physiologist

SPECIAL GIFT

All attendees will be entered to win a leading edge health book "Wellness on the Go" by Dr. Nathalie Beauchamp

Call Today! Seats are limited to the first 25 people!

BARRHAVEN WELLNESS CENTRE
900 GREENBANK RD • 613-823-7900
LIVELIFEFULLY@ROGERS.COM
BARRHAVENWELLNESSCENTRE.COM

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

IMPLANT YOUR WAY TO A NEW SMILE

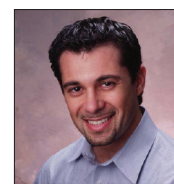
As we all know, time and life affects us in so many ways. Our mouths, and more specifically, our teeth, are not immune to either time or life. Whether it is general wear and tear or more traumatic accidents that result in broken or lost teeth, many of us will have to consider one of a variety of treatment options to help keep our teeth looking great.

Implants can be one of the best options for many patients. They are very natural in appearance and can restore your smile in often spectacular fashion.

So what is an implant and what is involved with installing them?

An implant is a metal post that is inserted into the jaw bone below the gum line. A crown is subsequently attached to that part of the post that protrudes above the gums, giving you a tooth that functions very much like a natural tooth.

The process of obtaining implants will require more than one trip to the dentist and also requires some time to allow the



Dr. Peter Georgopoulos
Dental Surgeon

gums to heal after the posts have been put in place. Inserting the metal post into the jaw bone is done on one visit.

At a following visit when the gum and jaw have healed, usually a couple of months later, a permanent crown will be affixed to the post. One of the most exciting features is that today's crowns can be matched to your natural teeth making them virtually impossible to tell apart.

While the end result can be spectacular, implants are not the best option for all people. Some people may not have sufficient bone mass in their

jaw to support the implant. Bone grafting may solve this problem in some cases, but not necessarily all.

If your smile is in need of some restoration and you are considering implants, discuss your treatment options with your dentist. If you are a candidate for implants, you will be thrilled with the results!

And not only are they cosmetically pleasing, an implant can help you to eat some of those healthy foods your dental condition may have required you to give up, such as carrots and apples. It can also help correct an improper bite caused by spacing problems due to missing teeth.

In other words, implants are not just a cosmetic treatment option. They can be an important option for your dental health. Because replacing broken, missing or unhealthy teeth is a healthy habit...and healthier habits lead to healthier lives.

Dr. Peter Georgopoulos,
Dental Surgeon

Alicia Keys is dating a music producer. Hip-hop star Swizz Beatz — who is currently divorcing his estranged wife, U.S. singer Mashonda — has confirmed he and the singer are in love. FEMALEFIRST.CO.UK

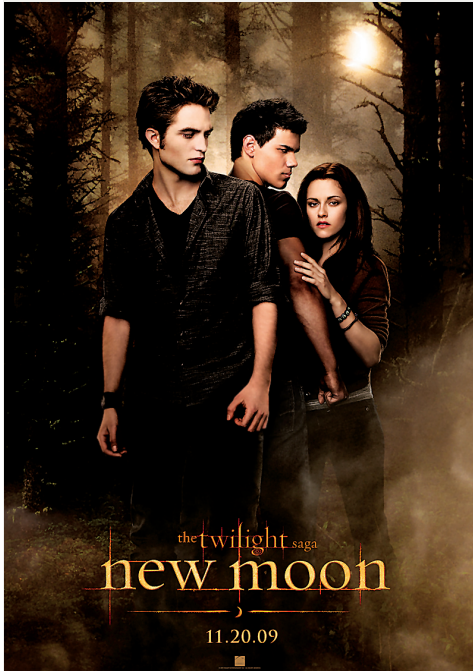
Entertainment

Nixon engaged

While speaking at a rally for gay marriage over the weekend, *Sex and the City*'s Cynthia Nixon announced her engagement to girlfriend Christine Marinoni, according to Access Hollywood. **METRO WORLD NEWS**

EDITOR: DEAN.LISK@METRONEWS.CA

Exclusive New Moon poster



The poster for *The Twilight Saga: New Moon* is being officially released today. In the film Bella Swan (Kristen Stewart) is devastated by the abrupt departure of her vampire love, Edward Cullen (Robert Pattinson) but her spirit is rekindled by her growing friendship with the irresistible Jacob Black (Taylor Lautner). Suddenly she finds herself drawn into the world of the werewolves, ancestral enemies of the vampires, and finds her loyalties tested. Based on the best-selling book series, *The Twilight Saga: New Moon* opens in theatres everywhere Nov. 20. It is the highly anticipated next installment to the movie *Twilight*, which has grossed \$380 million globally at the box office.

Box office

Estimated ticket sales for Friday through Sunday:

- | | |
|--|--|
| 1 Angels & Demons:
\$48 million | 6 17 Again:
\$3.4 million |
| 2 Star Trek:
\$43 million | 7 Monsters vs. Aliens:
\$3 million |
| 3 X-Men Origins: Wolverine:
\$14.8 million | 8 The Soloist:
\$2.4 million |
| 4 Ghosts of Girlfriends Past:
\$6.9 million | 9 Next Day Air:
\$2.2 million (U.S. only) |
| 5 Obsessed:
\$4.6 million | 10 Earth:
\$1.7 million |

REUTERS

More than an action hero

Terminator actor Sam Worthington spreads his wings

NED EHRBAR
Metro World News

Sam Worthington is being set up to be the next big action star, but for now he's more concerned with finding a place to live. "I go where the work is," he admits. "I don't have a real home."

Hoping to start a career hot streak, Worthington opens this weekend in *Terminator Salvation* alongside Christian Bale. And over the next year, he'll be popping up in a number of other high-profile projects. "I'm doing as much as I can until people realize I'm a sham," he says, grinning.

Four years ago, director James Cameron tapped Worthington to star in the much-hyped *Avatar*, which is still in post-production. So the actor sold his home and everything in it, packed up two bags and left to film in Los Angeles and New Zealand. "I've still only got two bags — a bag of books and a bag of clothes. That's about it," he says with a shrug.



Sam Worthington stars alongside Christian Bale in *Terminator Salvation*, which opens this week.

But Worthington isn't complaining. Far from it — he's enjoying getting to play on big sets and promote massive studio films. "You don't get into this profession for your movies not to be seen, to just show them to your mates at home," he says. "I like the fact that people are going to get to see my work and then, fingers crossed, hopefully like what I'm producing. We'll soon find out, won't we? Or I won't

Movie feature

be working next year."

Speaking of next year, Worthington is currently filming a remake of the '80s Greek mythology epic *Clash of the Titans*, due next March — "I'm running around in a dress killing everything" is how he describes it. But he hopes audiences can see him as more than just an action hero. "I don't mind

taking a few knocks. I'm a boy. But hopefully it's not just, 'Sam's an action dude.' That's not what I want," he says.

Still, while filming *Last Night*, a relationship drama with Keira Knightley and Eva Mendes, Worthington didn't quite get the same thrill. "I craved a gun and a sword, to be honest with you," he says. "It was bizarre. In the kissing scenes, I wasn't getting the same kind of rush."

Idol without Simon a turnoff: Poll

TELEVISION Fans of American Idol are as obsessed as ever after eight seasons of the TV talent show, but life without judge Simon Cowell could be a turn-off, according to a poll released on Monday.

New judge Kara DioGuardi gets a lukewarm rating in the AOL Television poll with 44 per cent of the 233,795 votes cast judging her "awful" and 30 per cent rating her "just OK."

And in a season that has

seen speculation over the sexual orientation of finalist Adam Lambert, 59 per cent of those polled said they would vote for an openly gay contestant.

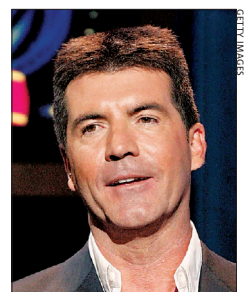
Lambert, 27, a musical theater performer with a penchant for black nail polish, will face-off against guitar and piano playing college student Kris Allen, 23, this week in the race to be crowned American Idol and win a recording contract.

Lambert goes into the fi-

nale as the judges' clear favourite. But it's the votes of millions of viewers that will determine the winner and fans in the AOL poll had mixed feelings.

Lambert's performance of *Mad World* was rated the best this season. But 20 per cent of those polled said he was the most over-rated contestant this season.

Despite slipping audience ratings this year, Idol remains America's most-watched TV show with



Simon Cowell

more than 26 million viewers on average per episode.

REUTERS

YOU COULD

WIN

1 of 10 COPIES OF GREEN DAY'S 21ST CENTURY BREAKDOWN

AVAILABLE FRIDAY

DON'T miss Green Day July 17th at Scotiabank Place!

ENTER FOR YOUR CHANCE TO WIN!

metronews.ca

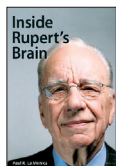
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest ends May 18th at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

Braff returning to Scrubs

Zach Braff is heading back to TV comedy Scrubs — just months after announcing his decision to quit the hit show. The 34-year-old actor announced earlier this year he was leaving at the end of the eighth season to pursue a career in directing. FEMALEFIRST.CO.UK



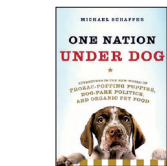
Media baron Murdoch revealed



Inside Rupert's Brain
Author: Paul R. La Monica
Publisher: Penguin Canada
Price: \$34.95 (Hardcover)

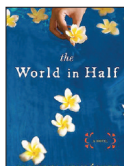
Fox, The Wall Street Journal, HarperCollins — Rupert Murdoch's got his hand in them all. The CEO of News Corporation is worth billions of dollars. But just how did he become so successful? Paul R. La Monica explores this in *Inside Rupert's Brain*, a combination of biography and commentary by Murdoch's inner circle. Despite the reputation some attribute to him as the prickly old newspaperman, La Monica attempts to show how Murdoch rose to the top by investing in new, unpredictable ventures like MySpace and the importance of taking chances to succeed in the business world.

BookPicks



One Nation Under Dog
Author: Michael Schaffer
Publisher: Henry Holt
Price: \$27 (Hardcover)

We used to call it a mutt. Now, it may as well be master. Dogs are quickly finding a new place in society, where owners are treating them just like they would their own children. In *One Nation Under Dog*, Michael Schaffer uses his own acquisition of a Saint Bernard to express this shift in canine comfort. From the premium, organic food we feed them to the specialists we hire to treat their emotional distress, Schaffer examines how these changes reflect adjustments in other areas of society. It's pooch 2.0, where even dogs have social networks to trade photos and plan events.



The World in Half
Author: Cristina Henriquez
Publisher: Penguin Canada
Price: \$22.50 (Hardcover)

Milaflores has always felt a sense of emptiness. When her single mother was raising her, the girl was curious about who her father was and why he didn't want to see her. To protect the child, Milaflores' mother said she was the result of an affair she had in Panama. But as an adult caring for her sick mother in Chicago, Milaflores learns this was the exact opposite of the truth. On a quest to find her father, Milaflores returns to Panama, bracing herself for a clash of cultures and emotions over a man she's never known.

— BRIAN COULTON/
 FOR METRO CANADA

Fawcett reacts to film

Farrah Fawcett became emotional while watching a television documentary about her losing cancer battle but still had the wit to make an old showbiz joke, according to her closest friends.

"She cried a few times. It was very emotional for her," her friend Alana Stewart, the former wife of rocker Rod Stewart, told NBC's Today program in an interview yesterday. "It's been a very, very long journey, you know, and going back through it was probably a bit painful."

Nearly nine million viewers tuned in to watch the video diary, Farrah's Story that aired on Friday, NBC said.

The 90-minute film, much of it narrated by Fawcett, makes clear the actress is nearing the end of her life. It shows the actress' numerous medical treatments over the past two years and recent weeks when she has been bedridden, heavily medicated and barely able to recognize her son.

Ryan O'Neal, Fawcett's long term boyfriend, told Today that Fawcett had a



On Friday, NBC aired the video diary Farrah's Story, chronicling the TV star Farrah Fawcett's battle with cancer.

"very low pulse" when she began watching the film that "kept going up and up" throughout the viewing.

She also had the clarity to make a showbiz joke about whether the ratings were any good.

"I said, 'We did very well last night,' And she said, 'What were the numbers?' ... and it made me laugh that she would still have those terms in her head," O'Neal said.

Fawcett, 62, the former star of the TV show *Charlie's Angels*, was diagnosed with anal cancer in 2006, and it spread to her liver

"She cried a few times. It was very emotional for her."

Alana Stewart on Farrah Fawcett's response to Farrah's Story

two years ago. The film includes footage of Fawcett shaving her own hair late last year when it began to fall out after chemotherapy.

The show drew mixed critical reactions. The New York Times described it as awful and exploitative. Entertainment Weekly said it was "sometimes almost unbearable, sometimes fascinating."

But Stewart, who helped film the documentary, said in a separate interview that she still hoped for a miracle.

"I'm stubbornly insistent there can be a miracle. (Farrah and I) talked about (death) once. We didn't allow any outcome into our minds except getting well," she told Entertainment Tonight.

REUTERS

Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning on May 15, according to studio estimates compiled by Reuters:

- Angels & Demons:** \$48 million
- Star Trek:** \$43 million
- X-Men Origins: Wolverine:** \$14.8 million
- Ghosts of Girlfriends Past:** \$6.9 million
- Obsessed:** \$4.6 million
- 17 Again:** \$3.4 million
- Monsters vs. Aliens:** \$3 million
- The Soloist:** \$2.4 million
- Next Day Air:** \$2.2 million (U.S. only)
- Earth:** \$1.7 million

REUTERS

Kenya's Style

Kenya Hunt

Read about skin products at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

			7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
pr	time	5/19/09	265 353 2 TVO Undersea Exp.	Parks	The Agenda With Steve Paikin	East West 101	Around the World	Agenda-Paikin			
			211 331 3 GTV ET Canada	Entertainment	NCIS 'Aiyah' (N)	90210 (N)	Durham County	News			
			- - 5 SRC Des squelettes	Tout	Beautés désempêrées (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou	La Zone			
			209 342 6 CHRO The Road to Avonlea	Dancing With the Stars	Dancing With the Stars The winner.	Dancing With the Stars The winner.	Law & Order: SVU	Comedy Now			
			196 311 7 CTV Hollywood	etalk	American Idol	The Mentalist (N)	CBC News: The National	News (N)			
			208 303 8 CBC NHL Hockey Playoffs - Teams TBA.	(HDTV) (Live)	Outrageous	Outrageous	Law & Order: SVU	The Hour			
			- 360 9 NBC Wheel-Fortune	Jeopardy! (N)	La Fievre de la danse (SC)	Nos étés (SC)	CBC News: The National	News (N)			
			117 713 10 TVA Qui perd gagne (SC)	Loft Story	Lipstick Jungle (SC)	Pushing Daisies (SC)	TVA 22 heures	Le 57			
			- - 11 QS Out per page	Suite 309	The Temps des bio-maitre	Rendez-vous ** (1985, Drame)	Cent dix pour cent (SC)	Loft Story			
			137 763 12 TFO Panorama	Dr. Phil (HDTV)	NCIS 'Aiyah' (N)	The Mentalist (N)	(10:01) Without a Trace (N)	Tournants			
news			- 362 13 CBS Raymond	Raymond	News (N)	News (N)	Two/Half Men	King			
			216 395 14 OMN2 Raymond	Raymond	Scrub	Scrub	Rita Rocks	Rita Rocks			
			214 344 15 CITY Law & Order: SVU	The Simpsons	News (N)	News (N)	Vivere II	News (N)			
			115 343 16 CFMT 2Half Men	The Simpsons	Inside Hollywood	X-Weighted	The Simpsons	King of the Hill			
			218 345 18 EI The Insider (N)	El News	Dancing With the Stars	Dancing With the Stars The winner.	Dr. 90210	News (N)			
			- 361 20 ABC News (N)	Entertainment	Heure polit.	L'Heure politique		Revue			
			512 396 24 CPAC Commissions d'enquete	Laverne	Michael Coren Show	100 Huntley Street	Glee 'Pilot' (HDTV) (N)	News (N)			
			651 355 25 CTS Happy Days	Seinfeld	American Idol	Frontline (HDTV) (DVS)	Independent Lens (N)	Law & Order: SVU			
			- 365 36 FOX TMZ (N)	Primal Grill	Nova (DVS)	The Mentalist (N)	CBC News: The National	News (N)			
			- 64 PBS Business Rpt.	Primal Grill	American Idol	The Hour	Campbell Brown: No Bias	Larry King Live (N)			
sports			205 312 104 CTV Hollywood	etalk	ChL Hockey MasterCard Memorial Cup - Kelowna Rockets vs. Windsor Spitfires. (HDTV) (Live)	The Téléjournal (SC)	Sportsnet Connected	Hockey Central			
			500 500 32 CNN Lou Dobbs Tonight	Newman	Grands reportages (SC)	NBA Basketball Western Conference Final Game 1 - Teams TBA.	Anderson Cooper 360 (HDTV)	Le National			
			406 417 27 net CHL Hockey MasterCard Memorial Cup - Kelowna Rockets vs. Windsor Spitfires. (HDTV) (Live)	Grands reportages (SC)	The Téléjournal (SC)	Sportsnet Connected	Hockey Central	Le Téléjournal			
			128 730 28 RDI 24 Heures en 60 minutes	That's Hockey	E:60 (N)	Draft Lottery	NBA Basketball Western Conference Final Game 1 - Teams TBA.	Le National			
			400 280 30 TSN That's Hockey	E:60 (N)	Score Update	Poker Challenge	Score Tonight	Hockey Talk			
			410 403 52 SCR Caddy Unlimt	Score Update	Poker Challenge	Departures	Dog the Bounty Hunter	Departures			
			411 457 56 OLN Dog the Bounty Hunter	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Kawasaki Test			
			417 406 59 SC Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Kawasaki Test			
			554 544 48 TEL Totally Spies	Total Drama	6TEEN	6TEEN	Robot Chicken	American Dad			
			557 540 51 FAM Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek			
family			551 542 65 YTV Karaoke Star	Survive This	Malcolm-Mid.	Futurama	Family Biz (N)	Prank Patrol			
			570 580 29 MM The Daily Fix	Ranked!	Hogan Knows	Hogan Knows	Falcon Beach	Entourage			
			515 520 31 A&E CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Manhunters			
			628 584 32 SPKE CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	4th and Long			
			521 560 34 TLC Dwarfs: Big Steps	Little People: Just Married	17 Kids and Counting	Painted Babies at 17	Painted Babies at 17	Little-Married			
			145 761 35 TV5 Survive	Pekin express: la route des Incas	Trains comme les autres	J'y suis, j'y	Journal TV5	House			
			616 521 39 SHO The Outer Limits	Mutant X	The Last Templar * (2009, Adventure)	Mira Sorvino.	House	House			
			620 523 40 BVO The Jackie Washington Story	At the Concert Hall	Crossroads of Rock N' Roll	Bravonews	Garrett Mason	Law & Order			
			520 505 42 DIS Daily Planet (N)	How It's Made	How It's Made	Destroyed	One Way Out	Deadliest Catch (N)			
			575 583 43 CMT Karaoke Star	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith			
cable variety			601 562 45 SLC Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride	Rich Bride, Poor Bride			
			625 546 46 COM Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	Roast of Bob Saget			
			294 529 47 TBS MLB Baseball Colorado Rockies at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)	MLB Baseball Colorado Rockies at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)	Home Videos	Seinfeld	Family Guy	Family Guy			
			600 564 49 H&G House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.			
			627 528 50 SPC Stargate Atlantis	(DVS)	Star Trek: Voyager	Torchwood	Extreme Ghost Stories	Stargate SG-1			
			581 566 53 MTV Room Raiders	After	MTV News	Cribs	Beatdown	College Life			
			516 524 54 TROP Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Family Guy	Married... With			
			522 506 55 HIS NCIS 'Requiem'	Sandhogs	Crime Stories	Images-chocs	NCIS 'Requiem'	Marine Mach.			
			128 773 60 CD Biographies 'Christian Slater'	99 histoires de...	Watchtower	On the Buses	Quantum Leap	I Prophecy			
			261 394 61 V Murder, She Wrote	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked			
			602 567 62 W Will & Grace	Friends	Wings-Canada	Storytellers	Wapos Bay	Cashing In			

critics'corner

Roast of Bob Saget

No matter how much your kids may enjoy "Full House" reruns, do not let them watch Bob Saget in the hot seat. As fans of his stand-up routines and film work know, Danny Tanner is only an act; this dude can get down and dirty. And these roasts have never been known for their family-friendly content. 10 PM on 46 COM



NCIS
 Ziva's homecoming to Israel with Gibbs and the rest of the team does not include a happy reunion with her father (guest star Michael Nouri), the head of Mossad. As tensions escalate, Gibbs is forced to make a shocking decision in the new episode "Aiyah." 8 PM on 13 CBS 3 GTV

The Mentalist

As the team investigates the murder of a girl and the abduction of her sister, Lisbon begins to suspect Patrick is being drawn into a trap set by Red John, the twisted serial killer who murdered Patrick's wife and daughter, in the season finale, "Red John's Footsteps." 9 PM on 13 CBS 7 CTV 104 CTV



Gerard Butler is heading to court to face assault charges, according to Hollyscoop. Butler allegedly punched a photographer and split his lip last October; he claims the paparazzo had been stalking him. If convicted, he could face six months in jail. **METRO WORLD NEWS**

Gerard's day in court

Celebrity Buzz

Icy mood at birthday bash?

TROUBLE AT HOME Jon and Kate Gosselin made their first public appearance together in two weeks — for TV cameras, us-magazine.com reports.

The couple celebrated their sextuplets' fifth birthdays by throwing a party at the Blue Falls Grove water park in Pennsylvania Sunday. Alexis, Hannah, Aaden, Collin, Leah and Joel

played with their older sisters, twins Mady and

Cara, and a few pals as a crew caught it all on film. (The celebration was a week late: Kate spent the afternoon of the sextuplets' actual birthday — Mother's Day — at a tanning salon.)

Jon and Kate hardly interacted at all, according to an eyewitness.

Jon took time to chat with Steve Neild

— the bodyguard his wife became so close to that Jon once considered hiring a private investigator, as the newest issue of Us Weekly reports. The couple left in separate cars.

Jon and Kate haven't been spotted together since the Pennsylvania Women's Show on May 2.

"Six months ago, Kate came to Jon and said, 'Hey, it's over,'" Kate's brother, Kevin Krieder, reportedly told radaronline.com last week. **METRO NEWS SERVICES**



I'm ugly, Zac's hot: Robert

FALSE MODESTY? Robert Pattinson admits that he wasn't too keen on auditioning for the role that made him famous in Twilight because he didn't think he was attractive enough.

"The Edward in the book is like an enigma of everything that's perfect about a man. It's like, 'He walked into a room and it hurts to see how beautiful he is.' It's just kind of embarrassing," he tells Look magazine.

"I felt like an idiot going into the audition. Who could possibly play it apart from Zac Efron?"



Paris: Not in my backyard?

NEIGHBOURLY LOVE Paris Hilton's new neighbour wants her gone — and he's willing to pay.

After having Hilton in the area for just five days, the Hollywood Hills resident is fed up with the repeat visits from the cops for loud parties, screaming and yelling, and vandalism, according to TMZ.

He even tried taking it

up politely with Hilton's boyfriend, Doug Reinhardt, who reportedly told him, "This is what you have to expect because Paris and I are public figures."

So the angry neighbour is taking it up with Hilton's landlord.

Hilton's home reportedly rents for

\$22,000 US a month — and the neighbour is offering to pay \$27,000 as long as Hilton gets the boot. **METRO WORLD NEWS**



Fergie cops to bisexual past

THE PAST Though she's now settled down with husband Josh Duhamel, Black Eyed Peas singer Fergie admits she has a bit of a wild past — and that past includes hav-

ing sex with women.

"Put it this way, I've experimented definitely, but I have never had a steady girlfriend," she says in an interview with the Sun.

METRO WORLD NEWS

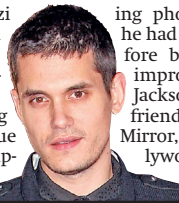


Mayer's paparazzi prank

GETTING BACK John Mayer had a little fun with the paparazzi while leaving a Hollywood nightclub this weekend.

After emerging from the venue covered in lipstick kisses

on his face and shirt, Mayer announced to the waiting photographers that he had 14 girlfriends before breaking into an impromptu Michael Jackson dance while a friend sang Man in the Mirror, according to hollywood.tv. **METRO WORLD NEWS**



Life's rosy for Pink

SO HAPPY TOGETHER Just days after admitting to Ellen DeGeneres that she has rekindled her relationship with estranged husband Carey Hart, Pink and her motocross racer man were repeatedly spotted during a romantic, PDA-filled weekend — proving their marriage is back on, people.com.

On Saturday, the on-again couple shared an intimate late lunch

for two at Stanley's in Sherman Oaks, the Los Angeles neighbourhood where Pink has a home.

"They looked very much in love and happy to be back together," says an observer of the pair's hour-long meal. "The way Carey treated Pink was so sweet. He was a gentleman and even opened the car door for her."

METRO NEWS SERVICES



Lady GaGa's little keepsakes

ODDITY Pop singer Lady Gaga is getting famous for her odd approach to pop music, but she has other interesting rituals, too.

The singer says that after she sleeps with someone, she likes to leave a false eyelash behind as a souvenir.

"Whenever I have a lover I leave them in their apartment on the pillow," she tells Independent magazine. "Kind of like a keepsake."

METRO WORLD NEWS



Every minute of every day, someone needs blood.

If you were the one in need, wouldn't you hope someone was donating for you?

Please call 1 888 2 DONATE ext.222 to book your appointment. You could save up to 3 lives.



Canadian Blood Services
it's in you to give

For more information visit www.blood.ca/give

Halifax

The city that touches your soul

You'll find so much to do and discover in Halifax, Nova Scotia, the historic city by the sea. Discover Halifax's history, arts, culture, nightlife, cuisine and wine. Explore the coastlines, fishing villages and beaches only minutes from the heart of the city. And feel the warmth and welcome of our city's defining feature: its people.

Discover Halifax

Follow in the footsteps of princes, privateers and press gangs as you stroll through the safe, walkable downtown experiencing more than 250 years of Halifax history. The heart of the city is the Halifax Harbour, the second largest natural harbour in the world, and the boardwalk that hugs its shore is alive with pedestrian and maritime traffic. Nova Scotia's capital city has an impressive array of museums, galleries, historic sites, colourful gardens and lively nightlife. Unique areas and neighbourhoods offer fashionable boutiques and whimsical craft shops as well as diverse restaurants to choose from, with everything from fresh, local seafood to international favourites on the menu. A year-round tourism destination, Halifax offers an abundance of entertainment options. 18 annual key festivals anchor our entertainment options, celebrating arts, food, entertainment, and music. This summer, check out Catch! Nova Scotia Seafood Festival (June 27-28), the Atlantic Jazz Festival (July 10-18), the Tall Ships Nova Scotia Festival (July 16-20) and Halifax International Busker Festival (August 6-16), just to name a few.

Bright City, Bright People

The city's nightlife is vibrant— you can experience one or many of the hot spots, from boisterous pubs, to pulsing dance clubs and sophisticated wine bars, within steps of each other downtown, and throughout the city. Take in nightly live music from Celtic to blues to rock. With six-degree granting institutions, Halifax



fax is a bright place, teeming with the youthful energy of students and of learning.

Deep Sense of History & Culture

Halifax exudes culture and history on every street corner, where buildings dating back to 1749 share waterfront vistas with modern glass office towers. Each day, the ceremonial 'noon gun' fires at the Halifax Citadel National Historic Site, an 18th century fortress in the heart of the downtown

core. Another National Historic Site, Pier 21 - Canada's Immigration Museum, tells the personal stories of the one million people who passed through the doors between 1928 and 1971. Step back in time with a tour of Alexander Keith's Brewery, the oldest working brewery in North America where you'll be treated to a mug or two of famous India pale ale along with Nova Scotian songs and tales. Life here revolves around the sea and our Maritime history is an



essential part of Halifax.

Close to Nature

Part of the joy of Halifax is how close it is to nature. Within minutes from the

downtown core, you can be fishing, surfing, hiking, or sea kayaking. Sink your toes into the white sand beaches, or sit on the rocks at Peggy's Cove as the crashing waves mesmerize you and you sink slowly, deeply into the moment.

Enter to win a trip to Halifax

Enter the Halifax Tall Ships contest at www.destination-halifax.com/metro for your chance to win a trip to Halifax during the July 2009 Tall Ships Festival. The contest, which runs from May 13 until June 12, features a prize vacation package for two, including airfare provided by flyhalifax.com, four nights Halifax hotel accommodations at the Halifax Marriott Harbourfront, an Avis rental car for the duration of the stay, dinner at 5 Fishermen restaurant and VIP passes to the Tall Ships, plus tickets to other great Halifax attractions. Entrants to the Tall Ships contest can earn bonus entries by playing the interactive web game, where they can race Tall Ships across the finish line in Halifax Harbour.

For more information on perfect Halifax vacations and getaways, visit destinationhalifax.com. You'll find vacation packages to suit every type of trip, from family fun to culinary and wine themed packages to shopping to romantic getaways. Watch for weekly sell-offs and value-added offers. To stay up-to-date with the latest Halifax news and events, sign up for the E-Halifax newsletter at destinationhalifax.com.

www.destinationhalifax.com

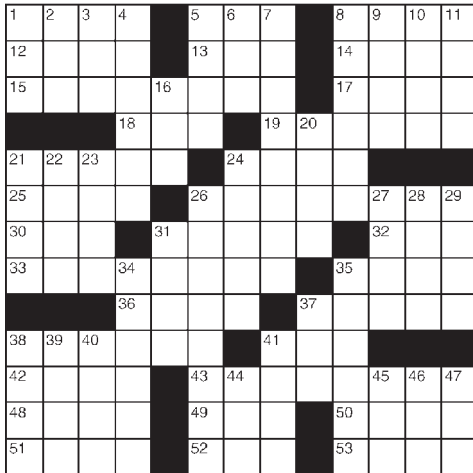




PLAN YOUR LUNCH WISELY...
Download WeatherEye™ Today!

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



Crossword across

- | | |
|----------------------------------|---------------------------|
| 1 Polygraph finds | 31 One-on-one exams |
| 5 Jewel | 32 Compete |
| 8 Emoticon, often | 33 Coverings |
| 12 Against | 35 Arizona city |
| 13 Floral neckwear | 36 Keger's pathway |
| 14 Winter forecast | 37 Talk-show group |
| 15 Yellowtail fish | 38 Mexican entree |
| 17 Roll call reply | 41 Cribbage scorer |
| 18 Hasten | 42 PC symbol |
| 19 Chest component | 43 They're catching |
| 21 Fire | 48 Gaelic |
| 24 Bruin | 49 Charged bit |
| 25 Ripped | 50 Nastase of tennis lore |
| 26 Fun-loving women of the 1920s | 51 Whatever's left over |
| 30 Common Mkt. | 52 Fox competitor |
| | 53 North Sea feeder |

Crossword down

- | | |
|-------------------------------|-------------------------|
| 1 Part of UNLV | 24 Boombox sound |
| 2 Hostel | 26 Wild |
| 3 Greek vowel | 27 Still |
| 4 Gas thief's device | 28 Get up |
| 5 Merriment | 29 Cachet |
| 6 Always, in verse | 31 October stone |
| 7 Slip-ups at the poker table | 34 Pluto, once |
| 8 One of the black keys | 35 Heckle or Jeckle |
| 9 From the beginning | 37 Energy |
| 10 Heart | 38 Layer |
| 11 Basin accessory | 39 Farm fraction |
| 16 Trench | 40 Rolling stone's lack |
| 20 Knocks | 41 Cookware |
| 21 Mulligan, e.g. | 44 Plagiarize |
| 22 Gardener, at times | 45 Right angle |
| 23 Killer whale | 46 Cage component |
| | 47 Get a glimpse of |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	9	8	4	7	5	1	2	3
4	3	1	9	2	6	7	8	5
7	5	2	8	3	1	4	9	6
5	7	3	1	9	8	6	4	2
2	8	9	6	4	3	5	1	7
1	4	6	2	5	7	9	3	8
9	6	5	3	1	2	8	7	4
8	2	4	7	6	9	3	5	1
3	1	7	5	8	4	2	6	9

Find today's answers + play more games at metronews.ca

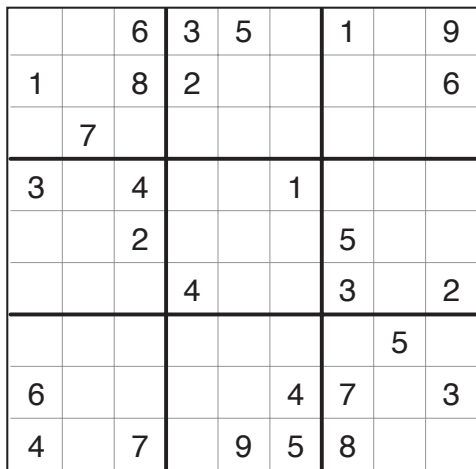
SUDOKU SOLVE TIME:

- | | |
|-------------------------|-----------------------------|
| Under 13 min.....Genius | 17-21 min.....Smart |
| 13-17 min.....Scholar | 21-25 min.....Not bad |
| | 25+ min.....Keep practising |

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Chicken Chow Mein

INGREDIENTS:

- 4 skinned and boned chicken breast halves cut into bite-size strips
- Nonstick cooking spray
- 2 tbsp (25 ml) vegetable oil
- 2 stalks celery, cut into 1-in. (2.5-cm) pieces
- 2 medium yellow onions, halved and sliced
- 2 cloves garlic, minced
- 1 1/4 cups (300 ml) low-sodium chicken broth
- 1/4 cup (50 ml) low-sodium soy sauce
- 2 tbsp (25 ml) cornstarch
- 1 tbsp (15 ml) firmly packed brown sugar
- 1 can (14 oz/398 ml) mixed Chinese vegetables, drained
- 1 can (8 oz/199 ml) sliced water chestnuts, drained
- 3 cups (750 ml) chow mein noodles

METHOD:

1. Rinse chicken; drain and pat dry. Coat wok or heavy 12-in. (30-cm) skillet with cooking spray. In wok or skillet, heat 1 tbsp (15 ml) oil over moderately high heat. Add chicken and stir-fry until cooked

- through, 3 minutes. Using slotted spoon, remove chicken from wok. Cover and keep warm.
2. Heat remaining 1 tbsp (15 ml) oil in wok. Add celery, onions and garlic. Stir-fry until almost tender, 2 minutes.
3. In small bowl, whisk chicken broth, soy sauce, cornstarch and brown sugar. Add to wok along with Chinese vegetables and water chestnuts. Bring to boil and cook until sauce thickens and vegetables are heated through, 1 minute.
4. Return cooked chicken along with any juices to wok. Bring to boil and cook until heated through, 1 minute. Spoon chicken mixture over chow mein noodles.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

You may be tempted to do something outrageous but there's a danger you'll go too far and others will think you're too extreme.

LIBRA

SEPT 23-OCT 23

You may be entitled to feel pleased with yourself but even better opportunities are now coming your way. Always aim higher.

TAURUS

APRIL 21-MAY 21

The sun may be ending its transit of your sign but you'll get a final throw of the dice today; your lucky number will come up.

SCORPIO

OCT 24-NOV 22

You can expect some kind of reward for working with others towards a common aim or goal over the past few weeks.

GEMINI

MAY 22-JUNE 21

The sun's entry into your birth sign tomorrow marks an exciting new phase, in which you'll be encouraged to aim higher than ever.

SAGITTARIUS

NOV 23-DEC 21

A friend or colleague may have done something shocking but you don't know the tangle of reasons for it; try not to be judgmental.

CANCER

JUNE 22-JULY 22

Act on impulse today. Not only will you have a lot of fun but you'll impress people who can help make your dreams come true.

CAPRICORN

DEC 22-JAN 20

Let those who are trying to impose limits on what you say and do know you'll never assent to that kind of censorship.

LEO

JULY 23-AUG 23

This could be one of the best days for getting things done, especially at work. you can win over colleagues and employers.

AQUARIUS

JAN 21-FEB 18

You won't lack advice, but the sun's upcoming transit of the most dynamic area of your chart will encourage you to do your own thing.

VIRGO

AUG 24-SEPT 22

Make an effort to reach out to people today, especially people you look up to. You can never have too many powerful friends.

PISCES

FEB 19-MARCH 20

The more of an effort you make to be nice to people today the more likely it is that Lady Luck will smile on you.

Salon M

SOAK IN OUR MODERN FACILITIES CLEVERLY BLENDED INTO LUXURIOUS SURROUNDINGS

WOMEN'S SPECIALS
Colour, Cut, Style & Foil Highlights - \$120
Colour, Cut & Style - \$70
Cut - 20% Off

MEN'S SPECIALS
Colour & Cut - \$30
Highlight & Cut - \$60

(Specials only available on first visit)

1107 WELLINGTON ST. W. • 613.724.2358 • SALONMHAIR.COM

FLIGHT CENTRE Unbeatable

ORLANDO FAMILY SPECIAL

\$169⁺

Best Western Lakeside
INCLUDES roundtrip airfare and 7 nights 3-star accom near Walt Disney World Resort. Departs May 30/ggvc6.

+ taxes & fees \$236

1 866 720 4853 | flightcentre.ca

Conditions apply. *Ex. Montreal. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. *Family Special based on 2 adults and 2 children age 17 and under travelling together, giving up, c/c-credit. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. QNT REG #461784

HAKIM OPTICAL

2 pair

HAKIM DESIGNER EYEGLASSES

\$199

FROM!

Including Single Vision and Regular Bifocals. See store for details.

Over 140 Discount Outlets... 100 One Hour In-Store Labs

For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

AIR CANADA VACATIONS

Book 2 return flights to any of our 9 European destinations and receive

2 nights at a hotel
or a 4-day car rental

FREE*

London • Paris • Rome
Madrid • Frankfurt • Munich
Dublin • Zurich • Geneva

Offer is valid for bookings made between May 18 and June 14 for departures between June 20 and September 6, 2009.

DEALS to the **SUN**

Cancun / Riviera Maya

via Toronto
Occidental
Grand Xcaret • 4 1/2 ★
All-Inclusive
Supersaver deluxe rm.
June 13, 14 & 21 • 1 wk.

\$439
Taxes & fees: \$290

Holguin via Toronto

Occidental Grand
Playa Turquesa • 4 ★
All-Inclusive
Superior rm.
June 6-20 • 1 wk.

\$499
Taxes & fees: \$229

Departure tax: 25 CUC cash, paid locally.

Punta Cana via Toronto

Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
May 31, June 5, 12 & 19 • 1 wk. Taxes & fees: \$327
Upgrade to Royal Club luxury rm.
for \$229 per person

\$599

Santa Clara via Toronto

Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
May 30 - June 20 • 1 wk. Taxes & fees: \$229
Departure tax: 25 CUC cash, paid locally.

\$629

Nassau, Bahamas

via Toronto
SuperClubs
Breezes Bahamas • 3 ★
Super-Inclusive®
Deluxe garden view rm.
June 7 & 14 • 4 nts.

\$849
Taxes & fees: \$200

Turks & Caicos via Toronto

Ocean
Club Resort • 4 ★
Studio deluxe suite
June 6, 13 & 20 • 1 wk.

\$969
Taxes & fees: \$230

Liberia, Costa Rica

via Toronto
Occidental Grand
Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
May 30, June 6, 13 & 20 • 1 wk. Taxes & fees: \$193
Departure tax: 26 USD cash, paid locally

\$1099

DEALS _{on} **CRUISES**

One hotel night
FREE
when you book a Caribbean
Air & Cruise package¹

Royal Caribbean International² Liberty of the Seas®

Western Caribbean • Flights to Miami via Toronto
All meals included
Oceanview stateroom, cat. H
Oct. 3 & 17 • 1 wk. Taxes & fees: \$219

\$1589

Earn up to 4,800 Aeroplan® Miles per member³

 aeroplan

Executive Class® service from only \$299 extra³

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between May 19 & 23/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Liberia, Costa Rica via Toronto, are awarded on flight-inclusive travel only and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹ Promotion is only available through the call center. Applies to flight only bookings and cannot be combined with package bookings. Lowest room category. Free nights & car rental is applicable to select hotels, car company and car type. Applies when 2 return tickets are purchased for passengers travelling together and booked on the same file. Conditions apply. Subject to availability. Blackout dates: Frankfurt - Hotel Mozart - July 4-8. Minimum stay of 4 nights. Top Hotel Ambassador - July 2-6. Minimum stay of 3 nights. Book an Air & Cruise package to the Caribbean by May 31, 2009 and receive two nights for the price of one at select hotels before or after your cruise. Valid on select cruises departing from Fort Lauderdale or Miami between May 1 and November 30, 2009 for seven nights or more. Valid on oceanview staterooms or higher. Royal Caribbean International Ltd. ships' registry: The Bahamas. ² Available on select flights. Full details available at aircanadavacations.com/executiveclass. ³ Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁴ Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.



Fences

- ▶ Wood Fences
- ▶ Iron Fences
- ▶ PVC Fences
- ▶ Chainlink Fences

Decks

- ▶ Wood Decks
- ▶ PVC Decks
- ▶ Fascia
- ▶ Skirting
- ▶ Steps
- ▶ Overhead Features

Railings

- ▶ Wood Railings
- ▶ Iron Railings
- ▶ PVC Railings
- ▶ Aluminum Railings

Gates

- ▶ Arbours
- ▶ Walk Gates
- ▶ Double Gates
- ▶ Industrial Gates

Info

- ▶ More Fencing Info
- ▶ Warranties
- ▶ Do-It-Yourself
- ▶ Get a Price
- ▶ About Fence-All

Call 613-736-1122

Ask about our 100%
FREE Estimates - No
Strings or Obligations
Attached



Fence-All

"For all your fencing needs"

613-736-1122



4' X 10' ALL BLACK DOG KENNELS

\$550



WWW.FENCEALL.COM